

## Autumn Term Menu

Week 1: week commencing 2nd September / 23rd September / 14th October / 11th November / 2nd December					
Day	Jacket potato counter	Main counter	Carbohydrate	Vegetables (Ve)	Hot express counter
Monday	Cheese burger melt (M,Mu,G) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Cheese burger pasta bake (M,Mu,G) Butter bean Jumbalaya (Ve)	Garlic bread (G)(Ve)	Roasted vegetables	Chicken Fajita Wrap (G) Samosas (G)(Ve), meat patties(G,C)
Tuesday	Chicken curry Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Chicken Curry 3 bean chilli(Ve)	Rice (Ve)	Butternut squash Green beans	Grilled cheese sandwich (G,M)(V) Samosas (G)(Ve), meat patties(G,C)
Wednesday	Smokey bean chilli Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Sausage and onions in gravy (G,SD) Butternut squash crumble (G)(Ve)	Roast Potatoes (Ve)	Cauliflower Brussel Sprouts	Cheese and bacon loaded fries (M,SD) Samosas (G)(Ve), meat patties(G,C)
Thursday	Savoury mince (C.) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Cottage Pie (C,M) Savoury lentil bake (C,)(Ve)	Mash (M) (V)	Carrots Broccoli	Teriyaki chicken rice bowl (So,G) Samosas (G)(Ve), meat patties(G,C)
Friday	meatballs (G,M) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Crispy Battered Fish (G,F) Veggie fingers (G) (Ve)	Chips (Ve)	Peas Beans	Meatball pasta (C,G,M) Samosas (G)(Ve), meat patties(G,C)
Week 2: 9th September / 30th September / 21st October / 18th November / 9th December					
Day	Jacket potato counter	Main counter	Carbohydrate	Vegetables (Ve)	Hot express counter
Monday	Shredded pork Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Mac and cheese with bacon (G,M,SD) Red Lentil Bolognese (Ve)	Garlic bread (G) (Ve)	Roasted vegetables	Shredded pork burritos (G) Samosas (G)(Ve), meat patties(G,C)
Tuesday	Chilli con carne Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Chilli con carne Cauliflower curry (Ve)	Rice (Ve)	Sweetcorn Broccoli	Pizza (G,M) Samosas (G)(Ve), meat patties(G,C)
Wednesday	Vegetable curry Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Roast Chicken Chickpea and sweet potato stew (Ve)	Roast Potatoes (Ve)	Butternut squash Brussel sprouts	Chilli cheese fries (M) Samosas (G)(Ve), meat patties(G,C)
Thursday	Spiced chickpea stew Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Braised Steak with baby mushrooms (C.) Beetroot and red onion casserole (Ve)	Mash (M) (V)	Carrots Green beans	Lime & coriander chicken rice bowl Samosas (G)(Ve), meat patties(G,C)
Friday	Roasted vegetable ratatouille Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Crispy Battered Fish (G,F) Veggie fingers (G) (Ve)	Chips (Ve)	Peas Beans	Roasted vegetable pasta (C,G) Samosas (G)(Ve), meat patties(G,C)
Week 3: 16th September / 7th October / 4th November / 25th November / 16th December					
Day	Jacket potato counter	Main counter	Carbohydrate	Vegetables (Ve)	Hot express counter
Monday	Bolognese (C.) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Lasagne (C,G,M) Vegan lasagne (G,So) (Ve)	Garlic bread (G)(Ve)	Roasted vegetables	Southern Fried Chicken wrap (C,G,E,Mu) Samosas (G)(Ve), meat patties(G,C)
Tuesday	meatballs (G,M) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Smokey meatball and bean stew (G,M) Coconut and spinach dhal (Ve)	Rice (Ve)	Carrots Cauliflower	Tuna melt toastie (F,E,Mu,G,M) Samosas (G)(Ve), meat patties(G,C)
Wednesday	Lentil curry Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Roasted Beef Brisket Roasted vegetable stew (Ve)	Roast Potatoes (Ve)	Broccoli Butternut squash	Loaded Cajun fries (M) Samosas (G)(Ve), meat patties(G,C)
Thursday	Jerk chicken curry (G) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Chicken Pie (G) Vegan 'cheesy' bean bake (G) (Ve)	Mash (M) (V)	Brussel Sprouts Green beans	Jerk chicken rice bowl (G) Samosas (G)(Ve), meat patties(G,C)
Friday	Spicy sausage (G,SD) Tuna mayo(F,E), cheese(M)(V), beans(Ve)	Crispy Battered Fish (G,F) Veggie fingers (G) (Ve)	Chips (Ve)	Peas Beans	Spicy sausage pasta (G,SD) Samosas (G)(Ve), meat patties(G,C)

Allergen Key	C = Celery	E = Eggs	M = Milk	N = Nuts	So = Soybeans
	G = Cereals cont. Gluten	F = Fish	Mo = Molluscs	P = Peanuts	SD = Sulphur Dioxide
	Cr = Crustaceans	L = Lupin	Mu = Mustard	Se = Sesame	
Dietary Key	V = Vegetarian	Ve = Vegan			

All known allergens have been listed. However due to cooking processes we cannot guarantee the absence of all allergens.