

## WEEK ONE : Autumn 2023

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	
<b>MAIN</b>	Wholegrain Pasta with a rustic tomato sauce topped with cheddar cheese	Chicken Burger in a Burger Bun	Chinese Chicken Curry	Homemade pizza with pepperoni topping	
<b>VEGETARIAN</b>	Wholegrain Macaroni Cheese	Vegetable Burger in a Burger Bun	Chinese Quorn Curry	Homemade pizza with mozzarella cheese	
<b>SIDES</b>	Garlic Bread	Potato Wedges	Rice Prawn crackers	Sweetcorn Crunchy Coleslaw	
<b>JACKET POTATO</b>	Grated cheese Baked beans Tuna mayonnaise	Grated Cheese Baked beans Tuna mayonnaise	Grated cheese Baked Beans Tuna mayonnaise	Grated cheese Baked beans Tuna mayonnaise	
<b>DESSERT</b>	Fresh Fruit Fat free yoghurt	Chocolate cake	Homemade Lemon Shortbread Biscuit	Chocolate Ice cream	
<b>GLUTEN FREE OPTION</b>	<i>Gluten Free Pasta Gluten free garlic bread</i>	<i>Gluten Free Chicken Gluten Free Roll Gluten free Cake</i>	<i>Gluten Free Biscuit</i>	<i>Gluten free pizza base</i>	

Salad bar: Tomato, cucumber, carrot, red pepper,

Semi Skimmed milk available daily

Fruit available daily  
Melon, pineapple

## WEEK TWO : Autumn 2023

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	
<b>MAIN</b>	Wholegrain Pasta a rustic tomato sauce topped with cheddar cheese	Butcher's Pork Sausage In a Petit Pain roll	Roast Chicken Yorkshire Pudding and Gravy	Homemade Pizza With Pepperoni Topping	
<b>VEGETARIAN</b>	Wholegrain Macaroni Cheese	Quorn Vegan Sausage in a Petit Pain Roll	Cheese and Tomato Pastry Puffs	Homemade Cheese & Tomato pizza	
<b>SIDES</b>	Garlic Bread	Seasoned potato Wedges Sweetcorn	Roast Potato Diced Carrot Peas	Sweetcorn Crunchy Coleslaw	
<b>JACKET POTATO</b>	Grated cheese Baked beans Tuna mayonnaise	Grated cheese Baked beans Tuna mayonnaise	<b>JACKET POTATOES NOT AVAILBLE</b>	Grated cheese Baked beans Tuna mayonnaise	
<b>DESSERT</b>	Fresh Fruit Fat free yoghurt	Vanilla Sponge With Sprinkles	Homemade Chocolate Biscuit	Chocolate Artic Roll	
<b>GLUTEN FREE OPTION</b>	<i>Gluten Free Pasta Gluten Free Garlic Bread</i>	<i>Gluten Free Sausage Gluten Free Roll  Gluten Free Fairy Cake</i>	<i>Gluten Free Fairy Cake  Gluten Free Biscuit</i>	<i>Gluten Free Pizza Base</i>	

Salad bar: Tomato, cucumber, carrot, red pepper,

Semi Skimmed milk available daily

Fruit available daily  
Melon, pineapple

## WEEK THREE : Autumn 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<b>MAIN</b>	Pork and carrot Meatballs In tomato sauce	Wholegrain Pasta Bolognese	Butchers Pork Sausage and Gravy	Chicken Fajitas in a wrap	
<b>VEGETARIAN</b>	Quorn Meatballs In a tomato sauce	Vegetarian Bolognese	Vegetarian Sausage	Quorn Strips Fajitas In a wrap	
<b>SIDES</b>	Rice Sweetcorn	Garlic Bread	Mash Potato Beans Peas	Seasoned Potato Wedges	
<b>JACKET POTATO</b>	Grated cheese Baked beans Tuna mayo	Grated cheese Baked beans Tuna mayo	<b>JACKET POTATO NOT AVAILIABLE</b>	Grated cheese Baked beans Tuna mayo	
<b>DESSERT</b>	Fat free yoghurt Fresh Fruit	American pancakes with Maple Syrup	Homemade Shortbread Biscuit	Chocolate and vanilla Mousse	
<b>GLUTEN FREE OPTION</b>	<i>Gluten Free Meatballs</i>	<i>Gluten Free Pasta Gluten free garlic bread Gluten Free Fairy Cake</i>	Gluten Free Sausage Gluten Free Biscuit	Gluten Free Wrap	

Salad bar: Tomato, cucumber, carrot, red pepper,

Semi Skimmed milk available daily

Fruit available daily  
Melon, pineapple