

Main School AUTUMN TERM MENU 2023

These weekly menus rotate throughout the Autumn term, including the Holiday Club weeks, which are highlighted in yellow.

Our kitchen uses seasonal, locally sourced ingredients.

GREEN indicates that a vegan option is available as mince or soya chunks.
 Indicates vegetarian option

	Week 1 4 th Sept 18 th Sept 2 nd Oct 16 th Oct 6 th Nov 20 th Nov 4 th Dec 18 th Dec	Week 2 11 th Sept 25 th Sept 9 th Oct 30 th Oct 13 th Nov 27 th Nov 11 th Dec
MONDAY	Morning snack: Digestive biscuit Lunch: Barbecued pork or Mushroom stroganoff  Noodles or bread roll Fine green beans Marble sponge & chocolate sauce Sliced fruit	Morning snack: Breadstick & mini raisins Lunch: Arrabiata chicken or Five bean & veg chilli  Penne pasta Julienne carrots Vanilla fork biscuit Natural yogurt & sauce
TUESDAY	Morning snack: Breadsticks & cheese Lunch: Beef chilli con carne & taco or Aubergine & lentil layer  Steamed rice Sweetcorn Caramel squares Natural yogurt	Morning snack: Rich tea & banana chips Lunch: Roast pork & gravy or Vegetable pasta bake  Roast potatoes Steamed cabbage Oaty apple crumble & custard Sliced fruit
WEDNESDAY	Morning snack: Crackers & spread Lunch: Chicken meatballs in tomato & veg sauce or Cauliflower & broccoli cheese mornay  Pasta Mixed vegetables Zingy orange sponge & custard Sliced fruit	Morning snack: Crackers & cheese Lunch: Beef & vegetable casserole or Cheese & tomato plait  Mashed potato or couscous Diced carrots Creamy rice pudding with jam or chocolate Natural yogurt & sauce
THURSDAY	Morning snack: Orange polenta cake Lunch: Turkey lasagne or bolognese Gnocchi & spinach bake  Garlic bread Sweetcorn Banana & chocolate flapjack Natural yogurt	Morning snack: Homemade oat biscuit Lunch: Spanish sausages or Cauliflower & potato curry  Steamed rice Broccoli florets Lemon lovecake & vanilla sauce Sliced fruit
FRIDAY	Morning snack: Cheese biscuit Lunch: Cod fillet fish fingers or Spinach & ricotta tortellini  Skin on fries/wedges Baked beans and/or peas Ginger shortbread friend Natural yogurt & sauce Sliced fruit	Morning snack: Jam whirls Lunch: Chicken fillet bites Leek & potato layer  Skin on fries/wedges Baked beans and/or peas Blueberry muffins Natural yogurt & sauce Sliced fruit

For all allergy advice please ask a member of the Catering team.