



MONTH	Week 1 - Yellow
	Week 2 - Blue
	Week 3 - Green
	School Holiday
	Public Holiday



SCHOOL MENUS

Autumn Term 2018



SEPTEMBER	M	3	10	17	24
	Tu	4	11	18	25
	W	5	12	19	26
	Th	6	13	20	27
	F	7	14	21	28

OCTOBER	M	1	8	15	22	29
	Tu	2	9	16	23	30
	W	3	10	17	24	31
	Th	4	11	18	25	
	F	5	12	19	26	

NOVEMBER	M		5	12	19	26
	Tu		6	13	20	27
	W		7	14	21	28
	Th	1	8	15	22	29
	F	2	9	16	23	30

DECEMBER	M	3	10	17	24
	Tu	4	11	18	25
	W	5	12	19	26
	Th	6	13	20	27
	F	7	14	21	28

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Wholemeal pasta bolognese with homemade bolognese sauce	2, 7	Homemade pepperoni pizza	2, 7	Salmon fish cake & chips	2, 4, 5, 7	Roasted west country sausages & gravy with roast potatoes	1, 2, 7, 13	Chicken curry served with mini naan bread & brown/white rice	2, 7
Vegetarian:	Vegan burger served in a warm bun	2	Homemade cheese & tomato pizza	2, 7	Homemade red pepper & sweetcorn quiche & chips	2, 4, 7	Roasted vegetable sausage & gravy with roast potatoes	2, 7, 13	Tomato tumble	2, 7
Jacket:	Jacket potato with tuna mayo	4, 5	Jacket potato with homemade sweet & sour chicken		Not available		Oven roasted jacket potato with cheese	7	Oven roasted jacketed potato with chip shop curry sauce	
Vegetables:	Peas		Fresh carrots & broccoli		Vegetable sticks		Fresh carrots, broccoli & cauliflower		Diced fresh carrots	
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Sliced bread	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Homemade pear & cocoa sponge & cream	2, 4, 7	Ginger cake & milkshake	2, 4, 7	Homemade marbled shortcake & milkshake	2, 7	Scotch pancakes with homemade berry & apple sauce	2, 7	Homemade apple flapjack	2
Dessert option 2:	Organic yoghurt or fruit salad	7	Organic yoghurt or whole fruit	7	Thick & creamy yoghurt or fresh fruit salad	7	Thick & creamy yoghurt or fruit salad	7	Organic yoghurt or fruit salad	7

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Creamy macaroni cheese	1, 2, 4, 7	Sausage pie & mash	2	Chicken nuggets & chips	2, 4, 7	Roast gammon, apple sauce, roast potatoes, stuffing & gravy	1, 2, 7, 13	Chicken in a garlic sauce with peppers	
Vegetarian:	Vegetarian hot dog	2	Cheese wheels	7	Vegetable fingers & chips	2, 4, 7	Roasted vegetarian plait	1, 2, 4, 7, 13	Veggie chilli, rice & crusty slice	2
Jacket:	Jacket potato with tuna mayo & cucumber	4	Jacket potato with ham & coleslaw	4	Not available		Jacket potato with chicken mayo	4, 5	Jacket potato with ham & cheese	7
Vegetables:	Carrots, peas & sweetcorn		Beans		Vegetable sticks		Mixed carrots, peas & broccoli		Sweetcorn	
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Crusty slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Apple crumble & cream	2, 7	Lemon steamed sponge & custard	2, 4, 7	Custard biscuit & milkshake	2, 7	Ice cream & fruit cocktail	7	Homemade cookies	2, 4, 7
Dessert option 2:	Organic yoghurt or fruit salad	7	Thick & creamy yoghurt or whole fruit	7	Organic yoghurt or fruit salad	7	Thick & creamy yoghurt or fruit salad	7	Organic yoghurt or piece of fruit	7

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Turkey dinosaurs & wedges	2, 4, 7	Homemade beef lasagne	2, 7	Fish shapes & chips	2, 5	Roast chicken, stuffing, roast potatoes & gravy	1, 2, 7, 13	Jacket potato with baked beans	7
Vegetarian:	Veggie fingers & wedges	2	Vegetable crumble	2, 7	Cheese bites & chips	2, 7	Quorn chicken breast	4	Tomato & vegetable pasta bake	2
Jacket:	Jacket potato with cheese	7	Jacket potato with tuna & mayo	4	Not available		Jacket potato with egg mayo	2, 4	Jacket potato with cheese & beans	7
Vegetables:	Spaghetti hoops or sweetcorn	2	Carrots & peas		Salad sticks		Green beans, carrots, cauliflower		Peas & sweetcorn	
Bread:	Wholemeal slice	2	Crusty slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Homemade lemon or jam drizzle cake & milkshake	2, 4, 7	Jelly with fruit & cream	7	Peach flapjack & juice	2	Fruit muffins	2, 4, 7	Cocoa krispie cake	7
Dessert option 2:	Organic yoghurt or fruit salad	7	Thick & creamy yoghurt or orange & apple slices	7	Organic yoghurt or fruit salad	7	Thick & creamy yoghurt or fruit	7	Organic yoghurt or piece of fruit	7

Allergenic ingredients key

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide