

Menu A - Autumn Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g) (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Roast tarragon chicken thigh with a balsamic and redcurrant jelly gravy (g)	Pasta bake - with roasted mushrooms, sage provencal sauce topped with mozzarella and crumbled feta (g) (d)	Lamb and pea keema	Minced beef lasagne (g) topped with red leicester gratin (d)	Southern fried chicken with bbq sauce (g) (e)
Vegetarian alternative	Roast tarragon quorn fillet with a balsamic and redcurrant gravy (g)		Vegetable and quorn keema (e) (soy)	Roasted vegetable and lentil lasagne (g) topped with red leicester gratin (d)	Breaded mozzarella with bbq sauce (g) (e)
Vegetable / Side dish	Crispy roast potatoes, steamed broccoli and cauliflower	Warm focaccia bread olive, tomato and radicchio salad (g)	Pilaf rice Cucumber and mint raita (d)	Slow baked new potatoes with sea salt and lemon thyme Honey steamed sweetcorn and savoy cabbage	French fries Baked beans
Dessert	Fresh fruit	Pear, apple and cinnamon crumble topped with crunchy demerara sugar and custard (d) (e)	Greek yoghurt with honey and raspberry puree (d)	Cheese (d), crackers (g) and grapes	Vanilla or strawberry frozen yoghurt (d)

Extended Day Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g) (soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal and the meals on this menu however we have been experiencing some difficulties with wholesalers.

Menu B - Autumn Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g, d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Shepherds pie	Margherita pizza (g) (d)	Beef goulash	Cajun chicken wrap (g) (d) with avocado guacamole	Fish fingers (d), (e), (g) /honey,lemon and dill roasted salmon or salmon fish cakes (fish)
Vegetarian alternative	Vegetable and minced quorn shepherds pie (e)	Margherita pizza (g) (d)	Vegetable and bean goulash	Grilled Mediterranean vegetable wrap (g) (d) with avocado guacamole	Vegetable & bean pasty (vegan) (d), (e) and (g)
Vegetable / Side dish	Vegan buttered sugared carrots	Pasta mixed olive and cherry tomato salad/baby gem vegan caesar salad/steamed sweetcorn (g)	Spring onion brown and white rice	Herb and lime cracked wheat /coleslaw, shredded iceberg lettuce (g)	Chunky chips, peas, tartare sauce (e) and lemon
Dessert	Fresh fruit	Chocolate tiramisu (g) (soy) (d) (e)	Fresh berry yoghurt pots (d)	Banana and treacle sponge pudding (d)	Vanilla or strawberry frozen ice cream (d)

Extended Day Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g, (soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

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Menu C - Autumn Term

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g) (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Smoked macaroni cheese (g) (d)	chilli con carne, avocado guacamole/ sour cream (d)	Chicken & Mushroom Pie (d) (g)	Lamb and vegetable stew	Beef burger in a bap (g)
Vegetarian alternative		Quorn chilli con carne, avocado guacamole/sour cream (d)	Leek & Mushroom pie (g) (d)	Root vegetable stew	Quorn burger in a bap (g)
Vegetable / Side dish	Steamed cauliflower and green beans	Brown and white rice Steamed broccoli	Creamy mash potato, Steamed carrots	Steamed new potatoes and sweetcorn and warm crusty bread (g)	Chips, shredded lettuce, sliced tomato, gherkins, Mayonnaise and ketchup (e)
Dessert	Fresh fruit	Double chocolate sponge pudding and vanilla custard (d) (e) (g)	Fruit yoghurt (d)	Fresh fruit	Baked rice pudding with strawberry jam (d)

Extended Day Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g) (soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

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