

# Autumn Term 2019

**Week 1 w/c** 2<sup>nd</sup> Sept, 16<sup>th</sup> Sept, 30<sup>th</sup> Sept, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 25<sup>th</sup> Nov, 9<sup>th</sup> Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Option 1</b>	Pepperoni and Tomato Pasta Bake (Wheat, Gluten, Milk)	Jacket Potatoes	Roast Beef	Chicken Korma (Milk, Mustard)	Breaded Fish (Fish, Wheat, Gluten, Mustard)
<b>Main Meal Option 2</b>	Cheese and Tomato Pasta Bake (Wheat, Gluten, Milk)		Quorn Fillets (Eggs)	Quorn Korma (Eggs, Milk, Mustard)	Quorn Nuggets (Eggs & Wheat)
<b>Served with...</b>	Garlic Bread (Gluten, wheat & Milk)  Broccoli	Butter (Milk)  Cheese (Milk)  Reduced Salt Baked Beans  Tuna Mayo (Fish, Milk, Eggs)  Ham  Coleslaw (Milk & Eggs)	Roast Potatoes  Yorkshire Pudding (Milk, Eggs, Gluten & Wheat)  Seasonal Veg  Veggie Gravy	Fluffy White Rice   Broccoli	Potato Wedges  Garden Peas  Sweetcorn
<b>Dessert</b>	Strawberry Jam Sponge (Gluten, Eggs & Wheat)  Custard (Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Rice Krispie Cake (Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Fruit Salad  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Blueberry and Apricot Sponge (Eggs & Wheat)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Bananas with Chocolate Custard (Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice

**Week 2** 9<sup>th</sup> Sept, 23<sup>rd</sup> Sept, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 18<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 16<sup>th</sup> Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Option 1</b>	Cheesy Ham and Vegetable Pasta (Milk & Wheat)	Baguettes	Roast Chicken	Chinese Chicken Curry (Mustard)	Breaded Fish Cake (Gluten, Wheat, Milk, Fish, Mustard)
<b>Main Meal Option 2</b>	Mac and Cheese with Vegetables (Milk & Wheat)		Quorn Fillet (Eggs)	Chinese Quorn Curry (Mustard)	Vegan Nuggets (Gluten, Cereals, Wheat)
<b>Served with...</b>	Salad  Garlic Bread (Milk, Wheat & Gluten)	Cheese (Milk)  Tuna Mayonnaise (Eggs, Milk, Fish)  Ham  Jam  Egg Mayonnaise (Eggs, Milk)	Pigs in Blankets (Wheat, Gluten, Soya, Sulphite)  Roast Potatoes  Yorkshire Puddings (Milk, Eggs, Gluten & Wheat)  Seasonal Veg  Veggie Gravy	Egg Noodles (Eggs, Wheat, Gluten)  Broccoli  Prawn Crackers (Crustaceans)	Wedges  Reduced Salt Baked Beans
<b>Dessert</b>	Cornflake Tart (Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Winter Crumble (Wheat)  Custard (Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Fruit Salad  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Apple and Caramel Sponge (Wheat)  Vanilla Ice Cream (Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice	Warm Chocolate Brownie (Eggs & Milk)  Fruit & Assorted Yoghurts (Milk)  Water and Fruit Juice