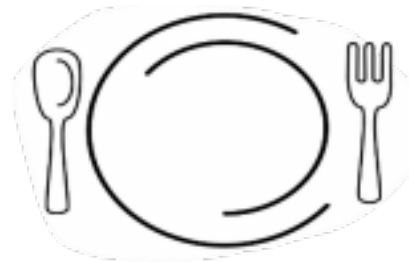


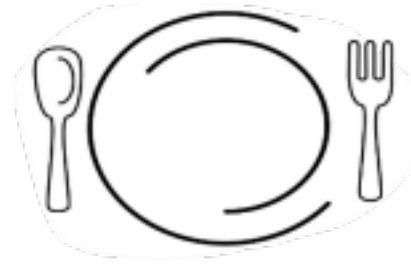
WHAT'S FOR LUNCH?



AUTUMN
MENU
WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Penne with broccoli and parmesan	Chicken sausages	Beef stew with carrots	Spice and sweet veggie noodles	Panko crumbled Fish
Allergens		Gluten		Soy and Gluten	Fish and Gluten
VEGETARIAN		Veggie sausage	Sweet potato, squash and chickpeas stew	Soy-free spice and sweet noodles	Vegetarian fingers
Allergens	Gluten and Dairy	Gluten		Gluten	Gluten
SIDES	Garlic bread	Mash potatoes Gravy	Whole-grain rice	Homemade wholemeal bread 50/50	Chips
Allergens	Gluten	Dairy		Gluten	
VEGETABLES	Mixed salad	Baked beans	Mediterranean salad	Mixed Salad	Peas
Allergens					
DESSERT	Fruit selection	Yoghurt	Fruit selection	Fruit selection	Carrot cake
Allergens		Dairy			Dairy, Egg, Gluten

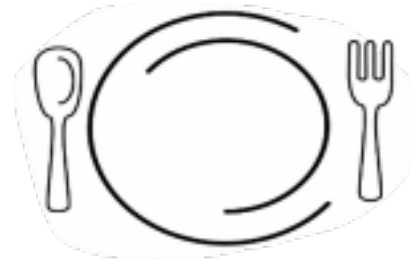
WHAT'S FOR LUNCH?



AUTUMN
MENU
WEEK2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Wholemeal Pesto Pasta	Chicken Korma	Spaghetti Bolognese	Veggie sausage roll	Homemade Panko Fish
Allergens	Gluten	Dairy and Coconut	Gluten		Fish and Gluten
VEGETARIAN	Pasta with Tomato sauce	Vegetable Korma	Veggie spaghetti		Vegetarian fingers
Allergens	Gluten	Coconut	Gluten	Gluten	Gluten
SIDES	Garlic bread	Basmati rice Naan bread*	Petit pain bread	Roasted new potatoes	Chips
Allergens	Gluten	Gluten	Gluten		
VEGETABLES	Mixed salad	Mixed salad Steamed sweetcorn	Mixed salad Grated cheese	Roasted seasonal mixed vegetables	Beans
Allergens	Dairy		Dairy		
DESSERT	Fruit selection	Yoghurt	Fruit selection	Fruit selection	Cookies
Allergens		Dairy			Dairy, Egg

WHAT'S FOR LUNCH?



AUTUMN
MENU
WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Macaroni cheese	Chicken curry Basmati rice	Jacket potatoes	Shepherd's pie	Chicken burger
Allergens				Dairy	Gluten
VEGETARIAN	Tomato basil pasta	Veggie casserole	Baked beans	Veggie Shepherd's pie	Veggie burger
Allergens	Gluten				Gluten
SIDES	Garlic Bread	Wholemeal Bread	Grated cheddar Tuna mayo and sweetcorn	Wholemeal bread	Chips
Allergens	Gluten	Gluten	Egg, Dairy		
VEGETABLES	Mixed salad	Broccoli and salad		Carrots	Mixed salad
Allergens					
DESSERT	Fruit selection	Yoghurt	Fruit selection	Fruit selection	Lemon cake
Allergens		Dairy			Dairy, Egg, Gluten