



Autumn/Winter Menu week commencing Monday 5<sup>th</sup> September 2022 (week 1). When returning back from a holiday we will always return on a week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 05/09/22, 26/09/22 17/10/22, 31/10/22 21/11/22, 12/12/22 02/01/23, 23/01/23 13/02/23, 27/02/23	Tuna Pasta Bake (G,M,D) or Jacket Potato and Beans (V) Peas Sweet corn Fruit Crumble and Custard (M,G)	Pepperoni Pizza (G) Or Thai Green Vegetable Curry with Rice (V) Mash Carrots Broccoli Chocolate and Pear Cake (D,M,G) BBQ Chicken Pizza (G)	Salmon and Tomato Fish cakes (F,E,G) Or Macaroni Cheese (V) (G,M) Boiled Potatoes Sweet Corn Fruity Swiss Bun (G)	Roast Chicken Dinner (S) or Wholemeal Herby Tomato and Vegetable Pasta (V) (G,D) Roast Potato Cabbage Green Beans Treatle Oatle Cookie (G) Roast Chicken Dinner (S)	Fish (F,G,C) or Vegetable Burger (V) (MU,C) Chips Baked Beans Peas Ice – Cream Tub (V,M,S) Pork Sausage (G)
Week 2 12/09/22, 03/10/22 07/11/22, 28/11/22 09/01/23, 30/01/23 06/03/23, 27/03/23	Pasta Bolognese (G,MU,C) or Jacket Potato and Beans (V) Peas Sweet corn Eve's Pudding With Custard (D,G,M,E)	Sweet Potato and Lentil Curry With Rice (V) Mash Carrots Broccoli Iced Orange Sponge (G,M,D) Chicken Curry with Rice Or Margarita Pizza (V) (G) Mash Carrots Broccoli Lemon Drizzle (D,M,G)	Gammon Ham and Gravy Or Vegetable Cheesy Pasta (V) (G) Boiled Potatoes Sweetcorn Chocolate/Raisin Bread and Butter Pudding and Custard (G)	Roast Chicken Dinner (S) or Vegetable Loaf (V) (D,G,M) Roast Potato Cabbage Green Beans Rock Cakes (M,G)	or Vegetable Quiche (V) (G,D,M,E) Chips Baked Beans Peas Jelly Delight (V)
Week 3 19/09/22, 10/10/22 14/11/22, 05/12/22 16/01/23, 06/02/23 13/03/23	Ham and Cheese Carbonara (G,D,M) or Jacket Potato with Beans (V) Peas Sweet corn Sultana and Apple Slice With Custard (M,G)	Chicken Curry with Rice Or Margarita Pizza (V) (G) Mash Carrots Broccoli Lemon Drizzle (D,M,G)	Mince Beef Hotpot Or Quorn Sausage Casserole (V) (G,C) Boiled Potatoes Sweetcorn Mandarin Cheesecake (M,G)	Roast Chicken Dinner (S) or Vegetable Cottage Pie (V) Roast Potato Cabbage Green Beans Banana Flapjack (G)	Fish Fingers (F, G) or Cauliflower and broccoli Crunch (V) (G,M) Chips Baked Beans Peas Ice-Cream Tub (V,M,S)

A fresh salad bar is available Monday to Thursday as an alternative to hot food. Homemade bread, Fresh fruit and yoghurts available daily.

**MENUS ARE SUBJECT TO CHANGE AT SHORT NOTICE IF ANY UNFORSEEN CIRCUMSTANCES OCCUR**

ALLERGEN INFORMATION	
G - GLUTEN N - NUTS P - PEANUTS E - EGGS M - MILK D - DAIRY S - SOYA F - FISH L - LUPIN	S/D – SUPHITES (SULPHUR DIOXIDE) C - CELERY C/F - CRUSTACEA M/F - MOLLUSCS S/S - SESAME SEEDS L - LUPIN MC - MAY CONTAIN ALLERGENS CR - CEREAL MU - MUSTARD

## THE COST OF A SCHOOL LUNCH

IS £2.10

**SCHOOL OFFICE.**

**ANY SPECIAL DIETARY NEEDS PLEASE INFORM THE**

Autumn/Winter Gluten Free Menu week commencing Monday 5<sup>th</sup> September 2022 (week 1). When returning back from a holiday we will always return on a week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 05/09/22, 26/09/22 17/10/22, 31/10/22 21/11/22, 12/12/22 02/01/23, 23/01/23 13/02/23, 27/02/23 20/03/23	Tuna Pasta Bake (M,D) or Jacket Potato and Beans (V) Peas Sweet corn Fruit Crumble and Custard (M)	Pepperoni Pizza (D) Or Thai Green Vegetable Curry with Rice (V) Mash Carrots Broccoli Chocolate and Pear Cake (D,M)	Salmon and Tomato Fish cakes (F,E) Or Macaroni Cheese (V) (M,D) Boiled Potatoes Sweet Corn Fruity Delight (M)	Roast Chicken Dinner (S) or Wholemeal Herby Tomato and Vegetable Pasta (V) (D) Roast Potato Cabbage Green Beans Shortbread Cookie (S)	Fish Fingers (F) or Omelette (V) (E) Chips Baked Beans Peas Ice – Cream Tub (V,M,S) Pork Sausage
Week 2 12/09/22, 03/10/22 07/11/22, 28/11/22 09/01/23, 30/01/23 06/03/23, 27/03/23	Pasta Bolognese (MU) or Jacket Potato and Beans (V) Peas Sweet corn Eve's Pudding With Custard (D,M,E)	Chicken Pizza (D) or Sweet Potato Curry With Rice (V) Mash Carrots Broccoli Iced Orange Sponge (M,D)	Gammon Ham and Gravy Or Vegetable Cheesy Pasta (V) (D) Boiled Potatoes Sweetcorn Chocolate/Raisin Bread and Butter Pudding and Custard (M)	Roast Chicken Dinner (S) or Vegetable Loaf (V) (D,M) Roast Potato Cabbage Green Beans Jam Cookie (S)	or Vegetable Parcel(V) (D,M) Chips Baked Beans Peas Jelly Delight (V)
Week 3 19/09/22, 10/10/22 14/11/22, 05/12/22 16/01/23, 06/02/23 13/03/23	Ham and Cheese Spaghetti Carbonara (D,M) or Jacket Potato with Beans (V) Peas Sweet corn Sultana and Apple Slice With Custard (M)	Chicken Curry with Rice Or Margarita Pizza (V) (D) Mash Carrots Broccoli Lemon Drizzle (D,M)	Mince Beef Hotpot Or Vegetable Casserole (V) Boiled Potatoes Sweetcorn Mandarin Cheesecake (M)	Roast Chicken Dinner (S) or Vegetable Cottage Pie (V) Roast Potato Cabbage Green Beans Banana Custard (M)	Fish Fingers (F) or Cauliflower and broccoli Pasta (V) (M) Chips Baked Beans Peas Ice-Cream Tub (V,M,S)

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**OFFICE.**