

AUTUMN TERM MENU

2025

What's for Lunch?

<u>WEEK ONE</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetable Pasta in Tomato Sauce <i>GLUTEN (WHEAT)</i>	Chicken Sausage <i>SULPHITES & GLUTEN (WHEAT)</i>	Beef Ragu	Fresh Fish of the Day Fish cakes <i>FISH, EGGS, GLUTEN (WHEAT)</i>	Jerk Chicken <i>SULPHITES</i>
MAIN (V)	As above	Vegetarian Sausage <i>GLUTEN (WHEAT)</i>	Quorn Ragu <i>SOY & GLUTEN</i>	Vegetable Fritters <i>CELERY, GLUTEN (WHEAT)</i>	Jerk Halloumi <i>MILK & SULPHITES</i>
SIDES	Grated Cheese <i>MILK</i>	Mashed Potato	Pasta <i>GLUTEN (WHEAT)</i>	Potato Wedges (Pre: Couscous)	Rice & Peas Wholemeal Bread <i>GLUTEN (WHEAT)</i>
VEGETABLES	Corn on a Cob	Fried Onions Peas and Sweetcorn	Broccoli	Baked Beans <i>GLUTEN (WHEAT), SOY</i>	Corn on a Cob
SALAD BAR	Available daily - includes a variety of freshly prepared salad, pickles, coleslaw, potato salad & olives				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Ice Cream <i>Milk</i> Shortbread Biscuit with Yoghurt <i>EGGS, GLUTEN (WHEAT), Milk</i> Yoghurt & Honey - Available Daily <i>Milk</i>				

What's for Tea? (Preschool & Playcentre Only)

<u>WEEK ONE</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chickpea Curry	Sweet Potato Quorn Shepherds Pie <i>SOY & GLUTEN</i>	Jacket Potato	Beef Bolognese	5 Bean Curry
MAIN (V)	as above	as above	as above	Quorn Bolognese <i>SOY & GLUTEN</i>	as above
SIDES	Couscous <i>GLUTEN (WHEAT)</i>	as above	Tuna Cheese <i>Fish, Milk</i>	Spaghetti Garlic Bread <i>GLUTEN (WHEAT)</i>	Plain Rice
VEGETABLES	Steamed & Mashed broccoli	Peas & Corn	Baked Beans <i>GLUTEN (WHEAT), SOY</i>	Broccoli	Avocado
FRUIT	Fresh Fruit Platter available daily				

Wherever possible, all food is homemade on site from local, British ingredients.
Allergen free options will be provided for children where needed.

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What's for Lunch?

<u>WEEK TWO</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Jacket Potato	Chicken Fajitas <i>SULPHITES</i>	Beef Bolognese	Fresh Fish of the Day <i>FISH, EGGS, GLUTEN (WHEAT)</i>	Chicken Wings
MAIN (V)	as above	Veggie Fajitas <i>SULPHITES</i>	Quorn Bolognese <i>SOY & GLUTEN</i>	Halloumi <i>MILK</i>	Cauliflower Cheese <i>MILK</i>
SIDES	Tuna Cheese <i>Fish, Milk</i>	Rice Wraps <i>GLUTEN (WHEAT)</i>	Spaghetti Garlic Bread <i>GLUTEN (WHEAT)</i>	New Potatoes	Jollof Rice
VEGETABLES	Baked Beans <i>GLUTEN (WHEAT), SOY</i>	Green Beans Sweetcorn	Broccoli	Seasoned Carrots	Mini Corn on Cob
SALAD BAR	Available daily - includes a variety of freshly prepared salad, pickles, coleslaw, potato salad & olives				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Jelly Sponge Cake & Custard <i>EGGS, GLUTEN (WHEAT), Milk</i> Yoghurt & Honey - Available Daily <i>Milk</i>				

What's for Tea? *(Preschool & Playcentre Only)*

<u>WEEK TWO</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Sweet Potato Patties	Butternut Squash Alfredo Pasta	Chicken Curry <i>SULPHITES</i>	Beef Ragu	Fresh Fish <i>FISH, EGGS, GLUTEN (WHEAT)</i>
MAIN (V)	as above	as above	Veggie Curry <i>SULPHITES</i>	Quorn Ragu <i>SOY & GLUTEN</i>	Halloumi <i>MILK</i>
SIDES	Couscous <i>GLUTEN (WHEAT)</i>	Pasta <i>GLUTEN (WHEAT)</i>	Rice <i>GLUTEN (WHEAT)</i>	Pasta <i>GLUTEN (WHEAT)</i>	New Potatoes
VEGETABLES	Steamed Green Beans & Peas	Steamed Broccoli	Steamed & mashed Cauliflower	Broccoli	Seasoned Carrots
FRUIT	Fresh Fruit Platter available daily				

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