

Autumn Menu 2021



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Apples / Rice cakes	Satsumas / Rich Tea Wheat	Pineapple / Cheese and Cracker Dairy	Grapes / Multigrain Wheat	Melon / Breadstick Wheat
Lunch	Ocean Pie Peas <i>Cheese and Onion Pie</i> Fish/Dairy	Sweet 'n Sour Chicken Rice and Prawn Crackers Sweet 'n Sour Quorn Crustacean	Braised Sweet Potato Beef Mash and Broccoli <i>Slow cooked Vegetables</i> Celery	Roast Gammon Sauté Potato and Sweetcorn <i>Gammon style slices</i> Dairy	Turkey Bolognaise Carrots <i>Veggie Bolognaise</i> Wheat
Pudding	Vanilla Yoghurt Dairy	Orange Jelly with Mandarins Suitable for vegans	Summer Fruit Pudding Eggs	Ice cream Roll Dairy	Poached Peaches and Custard Dairy
Snack	Bananas / Pretzels Wheat	Strawberries / Crackerbread Wheat	Pears / Malt Loaf Wheat	Fruit bread / Nectarines Soya / Wheat	Peppers / Pitta with Hummus Sesame Seed
Tea	<i>Vegetable Pasta Bake</i> Wheat	<i>Cheese and Tomato Swirls with Beans</i> Dairy / Wheat	<i>Sandwich Platter with Rainbow Salad</i> Dairy / Wheat	Muffin Pizza with Carrot sticks Dairy / Wheat	Sausage Plait with Cucumber Wheat
Babies Tea	<i>Vegetable Pasta Bake</i> Wheat	<i>Cheese and Tomato Swirls with Beans</i> Dairy / Wheat	<i>Vegetable Risotto</i>	Scrambled Egg with Muffin fingers Dairy / Egg	<i>Sausage and Potato Pie</i>

Breakfast – A selection of cereals and wholemeal toast is served daily

Morning and Afternoon Snack - A choice of seasonal fruits or a savoury biscuit/cracker. Served with Milk or Water.

Vegetarian option

Allergens – All children with allergies are catered for individually, according to their dietary requirements or preferences

Autumn Menu 2021



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Pineapple / Cheese and Cracker Dairy	Grapes / Multigrain Wheat	Melon / Breadstick Wheat	Apples / Rice cakes	Satsumas / Rich Tea Wheat
Lunch	<i>Baked Macaroni Cheese with Breadcrumb crust Sweetcorn</i> <i>Macaroni Cheese</i> Dairy	Panko Chicken Goujons Mash and Green Beans <i>Vegetable Croquette</i> Dairy / Wheat	Chilli con carne Rice and Broccoli <i>Vegetarian Chilli</i> Barley / Egg	Turkey Meatballs with Linguine Tomato and Basil Sauce Tomato and Basil Linguine Wheat	Fisherman's Pie Vegetable Medley Spinach and Feta Pie Dairy / Fish
Pudding	Raspberry Ripple Wafers Dairy / Wheat	Banana sponge Dairy / Egg / Wheat	Mango and Passion Fruit Smoothie Dairy	Apricot Flapjack Dairy / Wheat	Strawberry Crumble and Custard Dairy / Wheat
Snack	Strawberries / Crackerbread Wheat	Fruit bread / Nectarines Soya / Wheat	Pitta with Tzatziki and olives Dairy / Sesame Seed	Bananas / Pretzels Wheat	Pears / Malt Loaf Wheat
Tea	Fishfinger Sandwiches Fish / Wheat	Pizza Selection with mixed Peppers Dairy / Wheat	Sausage in a roll with Cucumber Wheat	Ham and Cheese Calzone with Tomato Dairy / Wheat	<i>Sandwich Platter with Vegetable Crisps</i> Dairy / Wheat
Babies Tea	Fishfingers with Mushy Peas Fish / Wheat	Spaghetti Hoops and Toast Fingers Wheat	Sausage Casserole	Ham and Cheese Omelette Dairy / Egg	Lentil Cottage Pie

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Vegetarian option

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Satsumas / Rich Tea Wheat	Melon / Breadstick Wheat	Grapes / Multigrain Wheat	Pineapple / Cheese and Cracker Dairy	Apples / Rice cakes
Lunch	Lentil Curry Cauliflower Rice and Naan Lentil Curry Wheat	Cottage Pie Broccoli Quorn Cottage Pie	Chicken Ragu Tagliatelle and Carrots Creamy Tomato Ragu Wheat	Cod Goujons Creamy Mash and Peas Fish / Wheat	Pork and Apple Casserole Green Beans Vegetable Casserole Sulphites
Pudding	Banana Split Dairy	Pineapple Upside Down Cake Dairy / Egg / Wheat	Raspberry Trifle Dairy	Blueberry Yoghurt Muffins Dairy / Egg / Wheat	Marmalade Straws
Snack	Blueberries / Crackerbread Wheat	Pears / Malt Loaf Wheat	Fruit Bread / Nectarines Soya / Wheat	Pitta Strips Beetroot Hummus and Carrot Wheat	Cream Cheese Oatcakes / Raisins Dairy / Wheat
Tea	Cheesy Bean and Potato Pie Dairy	Sausage Sandwiches with Cucumber Wheat	Vegetable Couscous with Garlic Bread Wheat	Cheese and Onion Pastry Rolls Spaghetti Hoops Dairy / Wheat	Hidden Vegetable Pasta Bake Dairy / Wheat
Babies Tea	Cheesy Bean and Potato Pie Dairy	Sausage Hotpot	Vegetable Couscous Wheat	Broccoli & Cheese Frittata Fingers Dairy / Egg	Hidden Vegetable Pasta Bake Dairy / Wheat

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Morning and Afternoon Snack - A choice of seasonal fruits or a savoury biscuit/cracker. Served with Milk or Water.

Vegetarian option

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cream Cheese Oatcakes / Raisins Dairy / Wheat	Blueberries / Crackerbread	Cheese and Pineapple Crackers	Plum / Digestive	Grapes / Rich Tea
Lunch	Beef Lasagne Broccoli and Garlic Bread Vegetable Lasagne Dairy / Wheat	Slow cooker Lamb Curry Rice and Peas Chickpea Curry	Breaded Lemon Herb Fish Sticks Parley Mash and Sweetcorn Fishless Fingers Fish / Wheat	<i>Lentil and Vegetable Cobbler</i> <i>Cauliflower Cheese</i> Wheat	Chicken Parmigiana Sweet Potato Mash and Carrots Quorn Nibbles Wheat
Pudding	Greek Yoghurt with Ginger Crunch Dairy / Wheat	Cranberry Cookies Dairy / Wheat	Fruit Smoothie	Lemon Drizzle cake Dairy / Egg / Wheat	Strawberry Cheesecake Dairy / Wheat
Snack	Pear / Malt Loaf	Satsuma / Oatcake	Banana slices and Ritz	Apples / Rice cakes	Pretzels and sour cream dip
Tea	Tuna Crunch Pitta Pockets Pepper Sticks Dairy / Wheat	BBQ Beans on Toast Grated Cheese Wheat	Butternut Squash Pasta Bake Wheat	Pesto and Prosciutto Pinwheels Carrot Salad Dairy	Pancetta Loaded Potato Wedges Dairy
Babies Tea	Tuna and Sweet Potato Fishcake Fish / Wheat	Cheesy Beans with Toast Fingers Dairy / Wheat	Butternut Squash Pasta Bake Wheat	Pesto Pea and Ham Risotto	Pancetta Loaded Potato Wedges Dairy

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Vegetarian option

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