

# AUTUMN 2023 MENU

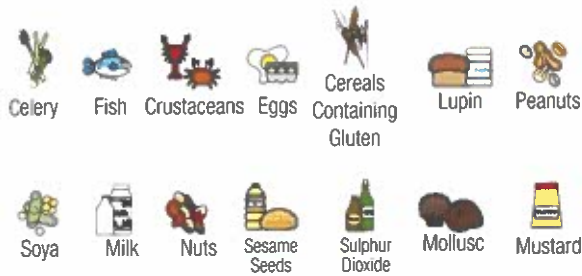
Fresh fruit & yoghurt available with every meal!



If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.

We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.

**V** = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Autumn Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



Monday

Tuesday

Wednesday

Thursday

Friday

### WEEK 1

Served w/c 4th Sep, 25th Sep, 16th Oct, 13th Nov & 4th Dec

- V** Pizza
- V** Corn BBQ Wrap  
Diced Potatoes  
Crunchy Veggie Sticks  
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- V** Lemon Drizzle Muffin

- Chicken & Tomato Pasta
- V** Seasonal Vegetable Hot Pot  
Peas & Sweetcorn  
Homebaked Garlic Bread
- V** Autumnal Fruit Crumble & Custard

- Sausage & Yorkshire Pudding
- V** Meat-Free Sausage & Yorkshire Pudding  
Mashed Potato  
Medley of Vegetables  
Gravy  
Crusty Bread
- V** Cheese & Crackers

- Chicken Korma & Rice
- V** Cheese, Leek & Potato Bake  
Cauliflower & Green Beans  
Naan Bread
- V** Berry Marble Sponge & Custard

- Fish Fingers & Chips with Ketchup
- V** Vegetable Lasagne  
Carrots & Peas  
Sliced Wholemeal Bread
- V** Chocolate Orange Mousse Cake

### WEEK 2

Served w/c 11th Sep, 2nd Oct, 23rd Oct, 20th Nov & 11th Dec

- V** Pasta Bolognese Bake
- V** Oven Baked Sausage & Bean Bake  
Broccoli & Sweetcorn  
Garlic Flatbread
- V** Custard Cookie with Fruit & Ice-Cream

- Chicken Burger in a Bun
- V** Vegetable & Bean Burger in a Bun  
Potato Wedges  
Peas & Coleslaw
- V** Chocolate Sponge & Chocolate Sauce

- Roast Loin of Pork with Apple Sauce
- V** Pea-ter Croquette  
Boiled Potatoes  
Carrots & Green Beans  
Gravy  
Homebaked Bread
- V** Jam Bun & Cheese

- Mexican Beef Pitta with Rice
- V** Cauliflower Cheese Bake  
Medley of Vegetables  
Homebaked Sunflower Seed Bread
- V** Toffee Apple Muffin

- Battered Fish
- V** Cheese Whirl  
Chips  
Ketchup  
Sweetcorn & Peas  
Crusty Bread
- V** Lemon Shortcake

### WEEK 3

Served w/c 18th Sep, 9th Oct, 6th Nov, 27th Nov & 18th Dec

- V** Creamy Mac & Cheese
- V** Lightly Spiced Bean and Vegetable Curry & Rice  
Broccoli & Carrots  
Homebaked Garlic Bread
- V** Berry Crumble Mousse Pot

- Nacho Beef Bake
- V** Cheese & Bean Enchilada  
Rice  
Sweetcorn & Peas
- V** Chocolate Berry Brownie

- Roast Chicken & Stuffing
- V** Vegetable Cottage Pie  
Mashed Potato  
Medley of Vegetables  
Gravy  
Crusty Bread
- V** Rice Pudding & Peaches

- All Day Breakfast
- V** Veggie All Day Breakfast  
Homebaked Bread
- V** Oatie Cookie & Cheese

- Fish Star & Chips
- V** Crunchy Garlic Bread Topped Tomato Pasta  
Peas & Carrots  
Homebaked Wholemeal Bread
- V** Fruity Jam Sandwich & Custard

Census Day 5th Oct 2023