



# School Meals Service

## Autumn Term School Lunch Menu 2021

### Week One



|  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|---|--|--|--|---|
| Main   | Bolognese   | Sticky Chicken (G,S)   | Roast Chicken  | All Day Breakfast with Sausage (G,S) & Bacon<br>G/F Sausage available                      | Gluten Free Omega 3 Fish Fingers  |
| Vegetarian   | Vegan Balls (S) in Tomato Sauce                                     | Sweet Potato & Chickpea Rosti (E)                              | Quorn Fillet (E)   | All Day Breakfast with Vegan Sausages (S)  | Omelette (E,M)  |
| On the Side  | Pasta (G)<br>G/F Pasta available<br>Loaded Fruit & Salad Bar        | Rice<br>Mini Corn on the Cob<br>Loaded Fruit & Salad Bar       | Stuffing (G)<br>Choice of Seasonal Fresh Vegetables<br>Roast Potatoes<br>Gravy | Bread (G,S)<br>Hash Browns<br>Baked Beans<br>Tomatoes<br>Mushrooms<br>Scrambled Eggs (E,M) | Smiley Faces<br>Baked Beans<br>Bread (G,S)<br>Loaded Fruit, Salad & Sauce Bar |
| Jacket Potato<br>Baguette<br>Pasta (G/F Pasta available) | Tuna Mayo Jacket (E)<br>Cheese Baguette (G,M)<br>Cheese Pasta (G,M) | Cheese Jacket (M)<br>Ham Baguette (G)<br>Tuna Mayo Pasta (G,E) |  | Baked Bean Jacket<br>Tuna Mayo Baguette (G,E)<br>Ham Pasta (G)                             | Baked Bean Jacket<br>Egg Mayo Baguette (G,E)<br>Tomato Pasta (G)              |
| Dessert  | Yogurt (M)  | Fruit Crumble (M,G)  | Chefs Choice of Cookie (G)   | Fruit Salad  | Rice Pudding (M) with Fruit Jam   |

I have coded the foods with our known school allergies, so it is easier for you to see. Please contact me if further clarification is needed. Foods marked contain:

G = Gluten or Wheat M = Milk S = Soya E = Egg

Allergy Info – Cheese will ALWAYS be replaced with Dairy Free Cheese, Gluten Free option is listed (if available), Fruit is available for allergy desserts