

Lunch Menu (Autumn Term)

(1PW)

Week (3) Beginning

(2PW)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/Fish	<i>Meat Dish</i> Meatballs	<i>Fish Dish</i> Fish cakes & potato Wedges (Wheat/Gluten/Egg)	<i>Meat Free</i> Vegetable Noodles (Wheat/Gluten/Egg)	<i>Chicken Dish</i> Chicken Curry & Rice	<i>Meat Free</i> Vegetable Pasta bake (Wheat/Gluten)
Vegetarian	Vegetarian Mince	Fish cakes & potato Wedges	Vegetable Noodles	Vegetable Curry & Rice	Vegetable Pasta bake
Other Dietary Needs					
Starchy Foods (Rice/Pasta/Potato etc.)	Cous Cous	Potato	Noodles	Rice	Pasta
Vegetables	Broccoli	Sweetcorn	Carrots, Onion & Peas	Peas	Mushroom Sweetcorn Peas
Salad	Tomato & Cucumber	Tomato & Cucumber	Tomato & Cucumber	Tomato & Cucumber Coleslaw	Tomato & Cucumber
Dessert	<i>Fresh Fruit</i> <i>Fruit based dessert with dairy accompaniment</i> Mixed Fruit Salad (Milk) & Fresh Fruit	<i>Fruit based pudding or cake</i> Fruit Crumble & Custard (Wheat/Gluten/Egg/Milk) & Fresh Fruit	<i>Fruit based dessert with dairy accompaniment</i> Fruit Yoghurt (Milk) & Fresh Fruit	<i>Cheese & Crackers</i> (Milk/Wheat/Gluten) & Fresh Fruit	<i>Fruit based dessert with dairy accompaniment</i> Rice Pudding with Pureed Fruits (Milk) & Fresh Fruit

Please note: We receive weekly food deliveries from FareShare, a food Charity, we plan our menu after this delivery each Wednesday. We follow the school food standards and the 'Eat Better, Start Better' guidelines.

If your child has any food allergies please speak to your child's key person. We cater for children's special dietary needs.

- **Fresh water is offered with every meal**