

Autumn Term Lunch Menu – **Week 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	Pesto and Pea Penne Pasta <i>(D)</i>	Beef Balls in a Tomato Sauce	Margherita Pizza <i>(G) (D)</i>	Chicken Strips	Fresh Fish Goujons <i>(Hake, Haddock or Whiting)</i> <i>(G) (E) (F)</i>
<b>Main 2 (Vegetarian)</b>	Sweet Pepper Tomato Sauce served with Penne and Parmesan <i>(D)</i>	Butterbeans and Spinach		Bean Strips	Frittata
<b>Accompaniment</b>	Sugar Snaps	New Potatoes	New Potatoes <i>(Su)</i>	Mashed Potato <i>(Su)</i>	Chips <i>(Su)</i>
<b>Vegetable additions</b>		French Beans	Roasted Veg	Green Beans and Mange Tout	Crushed Peas Homemade Ketchup <i>(M)</i>
<b>Salad</b>	Rocket Salad	Cucumber Slices Tomato Slices	Sweetcorn	Cucumber Slices Tomato Slices	Mixed Salad
<b>Bread</b>	Oregano Bread <i>(G)</i>		Olive Bread <i>(G)</i>	Herbed Bread <i>(G)</i>	Wholemeal Bread <i>(G)</i>
<b>Dessert</b>	Fresh Fruit or Cookie <i>(G) (E)</i>	Fresh Fruit or Greek Yoghurt <i>(D)</i>	Fresh Fruit or Greek Yoghurt <i>(D) (G)</i>	Fresh Fruit or Pear and Yoghurt Cake <i>(G)</i>	Fresh Fruit or Greek Yoghurt <i>(D)</i>

Allergens: C = Celery D = Dairy E = Egg F = Fish G = Gluten M = Mustard Soy = Soya SS = Sesame Su = Sulphates

*\*All vegetarian meals are suitable for vegans*

***If your child has any allergies, please contact the school office so that the Head Chef can be fully informed of your child's needs.***

This menu is subject to variations as fresh ingredients are delivered daily.