



MENU
AUTUMN TERM 1

MEAT FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Macaroni Cheese
(sauce made of blended cauliflower, carrot, cheddar & cream cheese)
Garlic Bread

Chicken Sausage
Homemade Creamy Mashed Potato
Yorkshire Pudding
Onion Gravy

Turkey Tikka Masala
(yogurt, tomato, garlic, chilli, cream, coriander, chickpeas & carrots)
Pilau Rice Chapatti
Mango Chutney
Raita

Honey, Ginger, Garlic & Soy Chicken with Onions & Sesame
Egg Noodles with Edamame Beans & Bean Shoots

Battered Pollock
SUSTAINABLY CAUGHT
Chips
Homemade Tartar Sauce

VEGETARIAN

Pasta with Vegan Pesto, Sun Blush Tomatoes, Chilli & Vegan Cheese
VEGAN

Lincolnshire Style Vegan Sausage
Roasted Sweet Potato with Garlic & Herbs
VEGAN

Spinach, Sweet Potato & Lentil Dal
Chapatti
Lime Pickle
Coconut Yogurt
VEGAN

Miso Glazed Aubergine with Rice Noodles, Chilli, Wakame Sesame Seed Weed & Coriander
VEGAN

Stuffed & Roasted Peppers
VEGAN

VEGETABLES

Roasted Vegetables with Herbs & Garlic

Mixed Vegetables

Spicy Roasted Cabbage (mustard & onion seed, ginger, garlic)

Stir Fried Vegetables

Baked Beans or Peas

PUDDING

Fresh Fruit Salad Pots
Whole Fruit
Organic Yogurt
Cheese, Crackers & Raisins

Homemade Apple & Cinnamon Torte with Custard
Fresh Fruit Salad Pots
Whole Fruit
Organic Yogurt

Homemade Carrot, Pineapple & Coconut Cake with Buttercream
Fresh Fruit Salad Pots
Whole Fruit
Organic Yogurt

Homemade Mandarin Sponge Cake with Icing & Sprinkles
Custard
Fresh Fruit Salad Pots
Whole Fruit
Organic Yogurt

Homemade Roasted Plum, Lemon Thyme & Ginger Crumble with Custard
Fresh Fruit Salad Pots
Whole Fruit
Organic Yogurt

MEAT FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Macaroni Cheese:
Wheat Gluten, Milk

Garlic Bread:
Wheat Gluten,
Mustard & Milk

Wheat Gluten
Soya
Sulphates
Mashed Potato: Milk
Yorkshire Pudding:
Milk & Egg

Tikka Masala: Milk
Pilau Rice: Mustard
Mango Chutney: None
of the 14 listed allergens
Chapatti: Wheat Gluten
Raita: Milk & Sulphates
Mango Chutney: None
of the 14 listed
allergens

Chicken: Soya, Sesame
Egg Noodles: Egg,
Soya, Sesame

Wheat Gluten
Fish: Pollock
Tartar Sauce:
Egg & Sulphates

VEGETARIAN

Wheat Gluten
Sulphates

Vegan Sausage:
Wheat Gluten, Soya
Sweet Potato:
None of the 14
listed allergens

Lentil Dal: Mustard
Chapatti: Wheat Gluten
Lime Pickle: Mustard

Aubergine: Sulphates,
Soya, Sesame
Rice Noodles: None of the
14 listed allergens
Seaweed: Wheat Gluten,
Soya, Sesame

None of the 14
listed allergens

VEGETABLES

None of the 14
listed allergens

None of the 14
listed allergens

Mustard

None of the 14
listed allergens

None of the 14
listed allergens

PUDDING

Fruit pots:
none of the 14 listed
allergens
Yogurt: Milk
Cheese: Milk
Crackers: Wheat Gluten
Raisins: contains none
of the listed 14 allergens
Alpro Yogurt: Soya
Vegetarian Jelly: Contains
none of the 14 listed
allergens

Torte:
Wheat Gluten, Egg
Custard: Milk
Fruit Pots: none
of the 14 listed
allergens
Yogurt: Milk
Alpro yogurt: Soya

Carrot Cake:
Wheat Gluten,
Egg, Milk
Fruit Pots: contains
none of the 14 listed
allergens
Yogurt: Milk
Alpro yogurt:
Soya

Mandarin Sponge:
Wheat Gluten, Egg
Custard: Milk
Fruit Pots: none of the
14 listed allergens
Yogurt: Milk
Alpro Yogurt:
Soya

Crumble:
Wheat Gluten
Custard: Milk
Fruit Pots: none of
the 14 listed allergens
Yogurt: Milk
Alpro Yogurt: Soya