

Week 1 Winter menu from Nov 26



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Homemade chicken Korma	C	Spaghetti Bolognaise	GC	Roast Chicken		Homemade beef stew & dumplings	G	Oven baked crispy Chicken with sweet & sour sauce	G S
Naan bread		Garlic Bread	GD	Roast Potatoes Peas & Carrots	EGD	Salad Bar	GC		
Rice	G	Salad Bar	GC	Yorkshire Pudding Gravy				Steamed Rice	
Salad bar	GC							Salad Bar	GC
Free From Main		Free From Main		Free From Main		Free From Main		Free From Main	
Vegetarian/Vegan		**Vegetarian/Vegan**		**Vegetarian/Vegan**		**Vegetarian/Vegan**		**Vegetarian/Vegan**	
Sweet potato & chick pea korma	C	Veggie Bolognaise	CG	Vegan Quorn Chicken Slice		Veggie lentil stew & Dumplings	G	Quorn Sweet & Sour	E
Naan bread	G	Garlic Bread	GSD	Roast Potatoes Seasonal Vegetables				Stir Fry Rice	
Rice				Yorkshire Pudding		Salad Bar	GC	Salad Bar	GC
Salad bar	GC	Salad Bar	GC	Gravy					
Cold Lunch option		**Cold Lunch option**		**Cold Lunch option**		**Cold Lunch option**		**Cold Lunch option**	
Tuna Mayo Wrap Or Free From option	GFD	Cheese Wrap or Free From option	GD	Pasta Salad or Free From option	GCD	Egg Mayo Wrap Or Free From option	GED	Pasta Salad or Free From option	GCD
Jacket Potato		**Jacket Potato**		**Jacket Potato**		**Jacket Potato**		**Jacket Potato**	
Choice of tuna, cheese or beans FD		Choice of tuna, cheese or beans FD		Choice of tuna, cheese or beans FD		Choice of tuna, cheese or beans FD		Choice of tuna, cheese or beans FD	
Desserts		**Desserts**		**Desserts**		**Desserts**		**Desserts**	
Fresh fruit pots		Fruit jelly pots		Fresh Fruit served with Greek yoghurt	D	Waffle with fruit & Greek yoghurt	D	Fresh fruit pots	

Choice of salad, fresh fruit, organic yoghurts, bread, water, juice and milk available every day

This menu shows the allergens contained in dish as listed below. These are a guideline only and if your child has any severe allergies or intolerances, please contact the school office.

Allergen key: Gluten (G), Crustaceans , Soyabean (S), Mustard (M), Sesame (A), Sulphite/Sulphur Dioxide (Y), Milk/Dairy (D), Fish (F), Egg (E), Peanuts (P), Molluscs (O), Celeriac/Celery (C), Nuts (N), Lupins (L) – May contain is highlighted in BLUE