

Week 3 Winter Menu from Nov 26



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Homemade Chicken & pasta bake	GC	Homemade salmon fish cakes	GEF	Roast Chicken	GED	Jacket Potato Day	C	Pastry sausage roll	GED
		Seasonal vegetables		Roast Potatoes		With various fillings			
				Pea & carrots				Mashed potato	
Garlic Bread	DG			Yorkshire Pudding		Or		Baked beans	
Salad Bar	GC	Salad Bar	GC	Gravy		Sweet jacket potato			
								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**	
Veggie Bean pasta bake	GC	Omelette	ED	Quorn Roast		Jacket Potato Day	CDF	Veggie Sausage roll	GED
		Seasonal vegetables		Roast Potatoes		With various fillings			
				Pea & carrots				Mashed potato	
Garlic Bread	DG			Yorkshire Pudding	G	Wholemeal Bread	G	Baked beans	
Salad Bar	GC	Salad Bar	GC	Gravy			GC		
						Salad Bar		Salad Bar	GC
Cold Lunch option		**Cold Lunch option**		**Cold Lunch option**		**Cold Lunch option**		**Cold Lunch option**	
Tuna Mayo Wrap	GFD	Egg Mayo Wrap	GDE	Pasta Salad	GCD	Cheese Wrap	DG	Pasta Salad	GCD
Free From option		Free From option		Free From option		Free From option		Free From option	
Jacket Potato		**Jacket Potato**		**Jacket Potato**		**Jacket Potato**		**Jacket Potato**	
Choice of tuna, cheese or beans		Choice of tuna, cheese or beans		Choice of tuna, cheese or beans		Choice of tuna, cheese or beans		Choice of tuna, cheese or beans	
Desserts		**Desserts**		**Desserts**		**Desserts**		**Desserts**	
Fresh fruit pots		Pancakes with fruit & Greek yoghurt	GDE	Fresh Fruit pots with Greek yoghurt D		Homemade pineapple upside down cake	GE	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