

Main School AUTUMN TERM MENU 2024

Week 1					Week 2			
2 Sept	16 Sept	30 Sep	14 Oct		9 Sept	23 Sept	7 Oct	21 Oct
4 Nov	18 Nov	2 Dec	16 Dec		11 Nov	25 Nov	9 Dec	

These weekly menus rotate throughout the Autumn term, including the Holiday Club weeks, which are highlighted in yellow.

Allergen information
 (g) gluten
 (d) dairy
 (e) egg
 (s) soya
 (f) fish
 (c) celery

GREEN indicates that a vegan option is available as mince or soya chunks.
 ✓ Indicates vegetarian

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
	<p>Morning snack: Breadstick (g) & mini raisins</p> <p>Lunch: Sweet & sour pork (g) Sweet chilli veg ✓ Noodles (g) Sweetcorn/cucumber Marble sponge (g) (e) & chocolate sauce (d) Sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Vegetable sauce(c), pasta (g), garlic bread (g) and peas Fromage frais (d)</p>	<p>Morning snack: Orange fork biscuit (g)</p> <p>Lunch: Chicken curry Butternut & spinach curry ✓ Steamed rice & naan bread (g) Diced carrots /tomato wedges Lemon cheesecake (g) (d) or Jelly Natural yogurt (d) or fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Sausage rolls(g), baked beans and cucumber sticks Fruit platter</p>	<p>Morning snack: Crackers (g) & cheese (d)</p> <p>Lunch: Meatballs (g) in tomato & veg sauce (c) Vegetable ratatouille ✓ Spaghetti (g) Mixed vegetables/grated carrots Melted moments (g)& custard (d) Sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Cheese & bacon stuffed jackets(d) baked beans and sweetcorn Natural yogurt & sauce</p>	<p>Morning snack: Cheese biscuit (d) (g)</p> <p>Lunch: Baked sausages (g) & gravy (s) Cauliflower mornay (g) (d) ✓ Mashed potato or petit pain(g) Broccoli florets /cucumber Warm carrot cake square (g)(e) Natural yogurt (d)</p> <p>Tea (if attending an A.S.C. or Owls 1): Cheese pitta pizza, (g) (d) spaghetti hoops (g) and cucumber sticks Rice pudding (d)</p>	<p>Morning snack: Breadstick(g) & cheese (d)</p> <p>Lunch: Tomato & tuna vegetable sauce (f)(c) Vegetable lasagne (g) (c) (d) ✓ Pasta (g) & garlic bread (g) Sliced carrots/shredded lettuce Cornflake tart (g) & vanilla sauce(d) Sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Hot dogs (g), crispy cubes(g) and cherry tomatoes Fromage frais (d)</p>	<p>Morning snack: Banana & date cake(g)(e)</p> <p>Lunch: Cod fillet fish fingers(g) (f) Cheese & tomato & baked potatoes (d) ✓ Skin on fries/pasta (g) Baked beans and/or peas Viennese biscuit (g) Natural yogurt (d) & sauce Sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Assorted sandwiches, cherry tomatoes and crisps (g)(s) (d) Fromage frais(d)</p>	<p>Morning snack: Digestive biscuit (g)</p> <p>Lunch: Arrabiata chicken Aubergine & potato layer (d) ✓ Pasta(g) Mixed vegetables/tomato wedges Apple layer cake (e)(g) & custard (d) Sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Salmon fishcake(f) (g) potato puffs and baked beans Natural yogurt & sauce (d)</p>	<p>Morning snack: Marmite whirls(g)</p> <p>Lunch: Savoury mince Mushroom stroganoff(d)(g) ✓ Couscous (g) Steamed rice (g) Sweetcorn/cucumber Crunchy ginger biscuit (g) Natural yogurt (d)/fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Ravioli & cheese bake, (d)(g) garlic bread (g) and peas Jelly</p>	<p>Morning snack: Sunflower seed flapjack(g)</p> <p>Lunch: Roast gammon & gravy Macaroni cheese(g) (d) ✓ Roast potatoes Fine green beans Semolina (d)(g) with jam/choc drops(d)(g) Natural yogurt (d)& sauce /sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Toast (g), baked beans and grated cheese with cucumber sticks Fruit platter</p>	<p>Morning snack: Homemade oat biscuit (g)</p> <p>Lunch: Cheese & tomato pizza (g) (d) Tortellini bake (g) (d)(e) ✓ Skin on fries/pasta (g) Baked beans and/or peas Blueberry muffins (g)(e) Natural yogurt (d)& sauce Sliced fruit</p> <p>Tea (if attending an A.S.C. or Owls 1): Scrambled eggs, (e) spaghetti hoops(g) and toast triangles (g)(s) Fruit platter</p>

For all allergy advice please ask a member of the Catering team.