

# AUTUMN 2023 MENU

## WEEK 1

## WEEK 2

## WEEK 3

WC 8<sup>th</sup> January 2024  
& 29<sup>th</sup> January 2024

WC 15<sup>th</sup> January 2024

WC 22<sup>th</sup> January 2024

Fresh fruit & yoghurt  
available with  
every meal!



If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.

V = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Autumn Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!

Monday

Tuesday

Wednesday

Thursday

Friday

- ✓ Pizza
- ✓ Curry BBQ Wrap
- Diced Potatoes
- Crunchy Veggie Sticks
- \*\*\*\*\*
- ✓ Lemon Drizzle Muffin

- Chicken & Tomato Pasta
- ✓ Seasonal Vegetable Hot Pot
- Peas & Sweetcorn
- Homebaked Garlic Bread
- \*\*\*\*\*
- ✓ Autumnal Fruit Crumble & Custard

- Sausage & Yorkshire Pudding
- ✓ Meat-Free Sausage & Yorkshire Pudding
- Mashed Potato
- Medley of Vegetables
- Gravy
- Crusty Bread
- \*\*\*\*\*
- ✓ Cheese & Crackers

- Chicken Korma & Rice
- ✓ Cheese, Leek & Potato Bake
- Cauliflower & Green Beans
- Naan Bread
- \*\*\*\*\*
- ✓ Berry Marble Sponge & Custard

- Fish Fingers & Chips with Ketchup
- ✓ Vegetable Lasagne
- Carrots & Peas
- Sliced Wholemeal Bread
- \*\*\*\*\*
- ✓ Chocolate Orange Mousse Cake

- ✓ Pasta Bolognese Bake
- ✓ Oven Baked Sausage & Bean Bake
- Broccoli & Sweetcorn
- Garlic Flatbread
- \*\*\*\*\*
- ✓ Custard Cookie with Fruit & Ice-Cream

- Chicken Burger in a Bun
- ✓ Vegetable & Bean Burger in a Bun
- Potato Wedges
- Peas & Coleslaw
- \*\*\*\*\*
- ✓ Chocolate Sponge & Chocolate Sauce

- Roast Loin of Pork with Apple Sauce
- ✓ Pea-ter Croquette
- Boiled Potatoes
- Carrots & Green Beans
- Gravy
- Homebaked Bread
- \*\*\*\*\*
- ✓ Jam Bun & Cheese

- Mexican Beef Pita with Rice
- ✓ Cauliflower Cheese Bake
- Medley of Vegetables
- Homebaked Sunflower Seed Bread
- \*\*\*\*\*
- ✓ Toffee Apple Muffin

- ✓ Battered Fish
- ✓ Cheese Whirl
- Chips
- Ketchup
- Sweetcorn & Peas
- Crusty Bread
- \*\*\*\*\*
- ✓ Lemon Shortcake

- ✓ Creamy Mac & Cheese
- ✓ Lightly Spiced Bean and Vegetable Curry & Rice
- Broccoli & Carrots
- Homebaked Garlic Bread
- \*\*\*\*\*
- ✓ Berry Crumble Mousse Pot

- Nacho Beef Bake
- ✓ Cheese & Bean Enchilada
- Rice
- Sweetcorn & Peas
- \*\*\*\*\*
- ✓ Chocolate Berry Brownie

- Roast Chicken & Stuffing
- ✓ Vegetable Cottage Pie
- Mashed Potato
- Medley of Vegetables
- Gravy
- Crusty Bread
- \*\*\*\*\*
- ✓ Rice Pudding & Peaches

- All Day Breakfast
- ✓ Veggie All Day Breakfast
- Homebaked Bread
- \*\*\*\*\*
- ✓ Oatie Cookie & Cheese

- Fish Star & Chips
- ✓ Crunchy Garlic Bread Topped Tomato Pasta
- Peas & Carrots
- Homebaked Wholemeal Bread
- \*\*\*\*\*
- ✓ Fruity Jam Sandwich & Custard

Census  
Day 5th  
Oct 2023