

# AUTUMN TERM 2022 MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread
<b>MID-MORNING SNACK</b>	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks
<b>LUNCH</b>	<b>Vegetable pasta bake</b>  <i>Ingredients: mixed vegetables, penne pasta, cheddar cheese, chopped tomatoes, oregano, mixed herbs</i> <i>Allergens: wheat (gluten), milk</i>	<b>Roast chicken or Quorn fillet with roast potatoes, root vegetables and gravy</b>  <i>Meat ingredients: onion, carrot, parsnip, vegetable oil, gravy granules, chicken breast, potato</i> <i>Allergens: barley (gluten), milk, soya, wheat (gluten)</i>  <i>Vegetarian ingredients: onion, carrot, parsnip, vegetable oil, vegetarian gravy granules, Quorn fillet, potato</i> <i>Allergens: barley (gluten), celery, egg, milk, soya, wheat (gluten)</i>	<b>Lamb or vegetarian pearl barley hotpot with root vegetable mash</b>  <i>Meat ingredients: leek, potato, gravy granules, minced lamb, pearl barley, dried parsley, dried mint, carrot, swede, milk</i> <i>Allergens: barley (gluten), celery, milk, soya, wheat (gluten)</i>  <i>Vegetarian ingredients: leek, potato, vegetarian gravy granules, soya mince, dried parsley, dried mince, carrot, swede, milk</i> <i>Allergens: barley (gluten), celery, milk, soya, wheat (gluten)</i>	<b>Mixed bean and root vegetable stew with cous cous</b>  <i>Ingredients: onion, garlic, parsnip, carrot, basil, vegetable oil, tomato purée, chopped tomato, kidney beans, haricot beans, butter beans, cous cous, courgette, mushroom</i> <i>Allergens: sulphites, wheat (gluten)</i>	<b>Salmon or lentil and broccoli pasta with sweetcorn</b>  <i>Fish ingredients: Salmon, onion, broccoli, cheddar cheese, white pasta, butter, plain flour, semi-skimmed milk, dried parsley, sweetcorn</i> <i>Allergens: Fish, milk, wheat (gluten)</i>  <i>Vegetarian ingredients: Onion, garlic, broccoli, vegetable oil, chopped tomato, dried mixed herbs, red lentils, cream cheese, white pasta, sweetcorn</i> <i>Allergens: milk, wheat (gluten)</i>
<b>DESSERT</b>	<b>Rice pudding with apricot purée</b>  <i>Ingredients: pudding rice, caster sugar, milk, apricot</i> <i>Allergens: milk</i>	<b>Apple crumble and custard</b>  <i>Ingredients: apple, caster sugar, butter, plain flour, wholemeal flour, dark brown sugar, rolled oats, milk, custard powder</i> <i>Allergens: milk, oats (gluten), wheat (gluten)</i>	<b>Lemon and sultana cake</b>  <i>Ingredients: lemon, egg, butter, caster sugar, self-raising flour, sultanas</i> <i>Allergens: egg, milk, wheat (gluten)</i>	<b>Bananas and custard</b>  <i>Ingredients: custard powder, milk, caster sugar, banana</i> <i>Allergens: milk</i>	<b>Yoghurt with pear purée</b>  <i>Ingredients: plain whole milk yoghurt, pear</i> <i>Allergens: milk</i>
<b>MID-AFTERNOON SNACK</b>	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks

## AUTUMN TERM 2022 MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread
<b>MID-MORNING SNACK</b>	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks
<b>LUNCH</b>	<p><b>Mixed bean chilli with rice</b></p> <p><i>Ingredients: onion, garlic, aubergine, courgette, red pepper, vegetable oil, chilli powder, plain flour, tomato purée, chopped tomato, mixed beans, dried mixed herbs, sweetcorn, rice</i> <i>Allergens: wheat (gluten)</i></p>	<p><b>Chicken or vegetarian sausage and bean hotpot served with mashed potato</b></p> <p><i>Meat ingredients: chicken sausages, borlotti beans, cannellini beans, butter beans, mixed herbs, potato, milk, unsalted butter, vegetable gravy</i> <i>Allergens: milk, wheat (gluten), celery, sulphites, soya, barley</i></p> <p><i>Vegetarian ingredients: vegetarian sausages, borlotti beans, cannellini beans, butter beans, mixed herbs, potato, milk, unsalted butter, vegetable gravy</i> <i>Allergens: milk, wheat (gluten), celery, sulphites, soya, barley</i></p>	<p><b>Hungarian beef or butterbean goulash with mashed potato</b></p> <p><i>Meat ingredients: onion, red pepper, mushroom, parsley, beef, plain flour, vegetable oil, paprika, tomato purée, plain whole milk yoghurt, potato, milk</i> <i>Allergens: milk, wheat (gluten)</i></p> <p><i>Vegetarian ingredients: onion, green pepper, mushroom, carrot, garlic, vegetable oil, butterbeans, paprika, chopped tomato, potato, milk</i> <i>Allergens: milk, sulphites</i></p>	<p><b>Pasta primavera with garlic bread</b></p> <p><i>Ingredients: courgette, red pepper, green pepper, leeks, mushrooms, garlic, wholemeal pasta, vegetable oil, butter, cream cheese, semi-skimmed milk, haricot beans, French bread</i> <i>Allergens: egg, milk, sulphites, wheat (gluten)</i></p>	<p><b>Poached salmon with cous cous and green beans or Mediterranean roasted vegetable cous cous</b></p> <p><i>Fish ingredients: salmon, cous cous, green beans</i> <i>Allergens: fish, wheat (gluten)</i></p> <p><i>Vegetarian ingredients: tomato, red pepper, yellow pepper, courgette, onion, vegetable oil, vegetable stock</i> <i>Allergens: barley (gluten), celery, wheat (gluten)</i></p>
<b>DESSERT</b>	<p><b>Rice pudding with apple purée</b></p> <p><i>Ingredients: pudding rice, caster sugar, milk, apple</i> <i>Allergens: milk</i></p>	<p><b>Peach fool ripple</b></p> <p><i>Ingredients: plain whole milk yoghurt, peach, vanilla extract</i> <i>Allergens: milk</i></p>	<p><b>Banana buns</b></p> <p><i>Ingredients: banana, semi-skimmed milk, vegetable oil, egg, brown sugar, self-raising flour, baking powder, mixed spice</i> <i>Allergens: egg, milk, wheat (gluten)</i></p>	<p><b>Pear and custard</b></p> <p><i>Ingredients: custard powder, milk, caster sugar, pear</i> <i>Allergens: milk</i></p>	<p><b>Yoghurt with date and apple purée</b></p> <p><i>Ingredients: plain whole milk yoghurt, date, apple</i> <i>Allergens: milk</i></p>
<b>MID-AFTERNOON SNACK</b>	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks

## AUTUMN TERM 2022 MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread	Wheat bisks or porridge with puréed seasonal fruit  Wholemeal toast or plain bagel quarter and spread
<b>MID-MORNING SNACK</b>	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks
<b>LUNCH</b>	<b>Wholemeal macaroni cheese with peas and sweetcorn</b>  <i>Ingredients: wholemeal pasta, cheddar cheese, fresh tomato, butter, flour, milk, peas, sweetcorn</i> <i>Allergens: milk, wheat (gluten)</i>	<b>Chicken or vegetarian red pepper fajitas</b>  <i>Meat ingredients: red pepper, onion, paprika, chilli powder, garlic powder, ground cumin, vegetable oil, chicken breast strips, tortilla wraps, plain whole milk yoghurt</i> <i>Allergens: milk, wheat (gluten)</i>  <i>Vegetarian ingredients: Red pepper, onion, paprika, chilli powder, garlic powder, ground cumin, vegetable oil, soya mince, tortilla wraps, plain whole milk yoghurt</i> <i>Allergens: milk, soya, wheat (gluten)</i>	<b>Lamb or mixed bean tagine with cous cous</b>  <i>Meat ingredients: onion, red pepper, green pepper, diced lamb, vegetable oil, dried apricot, sultanas, chopped tomato, mixed spice, cous cous</i> <i>Allergens: sulphites, wheat (gluten)</i>  <i>Vegetarian ingredients: onion, red pepper, green pepper, vegetable oil, mixed beans, dried apricot, sultanas, chopped tomato, mixed spice, cous cous</i> <i>Allergens: sulphites, wheat (gluten)</i>	<b>Roast vegetable and red lentil pasta</b>  <i>Ingredients: red pepper, green pepper, onion, garlic, courgette, aubergine, vegetable oil, white pasta, red lentils, aduki beans, chopped tomato</i> <i>Allergens: wheat (gluten)</i>	<b>Breaded cod fish fingers or vegetable fingers with mashed potato and peas</b>  <i>Fish ingredients: breaded cod fish fingers, peas, potato, milk</i> <i>Allergens: fish, wheat (gluten), milk</i>  <i>Vegetarian ingredients: breaded vegetable fingers, peas, potato, milk</i> <i>Allergens: wheat (gluten), milk</i>
<b>DESSERT</b>	<b>Rice pudding with pear purée</b>  <i>Ingredients: pudding rice, caster sugar, milk, pear</i> <i>Allergens: milk</i>	<b>Creamy Apricot Dessert</b>  <i>Ingredients: mascarpone cheese, plain whole milk yoghurt, apricot</i> <i>Allergens: milk</i>	<b>Banana pancakes</b>  <i>Ingredients: banana, egg, vegetable oil</i> <i>Allergens: egg</i>	<b>Peaches and custard</b>  <i>Ingredients: custard powder, milk, caster sugar, peaches</i> <i>Allergens: milk</i>	<b>Yoghurt with pear and apple purée</b>  <i>Ingredients: plain whole milk yoghurt, pear, apple</i> <i>Allergens: milk</i>
<b>MID-AFTERNOON SNACK</b>	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks	Mixed chopped seasonal fruit and/or vegetable sticks