



MONDAY Meat-Free Day	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST Assorted choice of wholegrain cereals and toast with sugar free jams served daily till 8.30am

Week 1	LUNCH	Bean and Pea Risotto with Seasonal Veg (S)	Roast Chicken, Root Veg and Gravy with Potatoes (S)	Salmon and Broccoli Pasta with Sweetcorn (F, Mi, G)	Chicken Marsala with Rice	Salmon and Haddock Fish pie with Cabbage and Runner Beans (F, Mi)
	Vegetarian Lunch Alternatives Available					
	TEA	Mixed Veggie Burger with Wedges (E, G, Mi)	Muffin Pizza with Vegetables (Mi, G)	Cheese and Roasted Veg Quesadilla (Mi, G)	Spinach and Tomato Frittata (E, Mi)	Roasted Cauliflower and Potato Soup with Fresh Bread (G, Mi)
Week 2	LUNCH	Macaroni Cheese with Peas (G, Mi)	Chicken and Mixed Bean Chilli with Potato Wedges	Creamy Fish and Leek Hotpot with Broccoli (Mi, F)	Chicken and Pea Risotto with Seasonal Vegetables	Cod, Potato and Spinach Curry with Cous Cous (F, Mi, G)
	Vegetarian Lunch Alternatives Available					
	TEA	Cheese and Roasted Veg Flatbread (Mi, G)	Tomato and Roasted Pepper Soup with garlic bread (G, Mi)	Mushroom and Tomato Omelette (E, Mi)	Flatbread Pizza with Vegetables (Mi, G)	Veggie Fingers with Wedges (E, G, Mi)
Week 3	LUNCH	Lentil and Broccoli Pasta with Sweetcorn (G, Mi)	Chicken and Vegetable Biryani with Cucumbers and Yogurt (Mi)	Steamed Cod in Tomato and Pepper Sauce with Mashed Potato (F, Mi)	Chicken Casserole with Cous-Cous (G)	Salmon Fishcakes with Greens (E, F)
	Vegetarian Lunch Alternatives Available					
	TEA	Crumpet Pizza with Vegetables (Mi, G)	Veggie Nuggets with Wedges (E, G, Mi)	Tortilla Wraps with Cheese and Roasted Vegetables (Mi, G)	Three Bean and Herb Soup with Fresh Bread (G, Mi)	Spanish Cheese Omelette (E, Mi)

Autumn Menu 2023

Allergens: Celery (C), Egg (E), Gluten (G), Fish (F), Milk (Mi), Mustard (M), Soya (S), Sulphites (Su)