



'Individual Growth, Individual People'

Head Teacher: Mrs M A Tyers

Lunch Time Menu Autumn 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Shepherd's pie, carrots, cabbage & gravy	Pork meatballs in tomato sauce & pasta twists	Bacon, egg & sausage wrap & baked beans	Roast chicken breast, stuffing, yorkshire pudding, roast & mashed potatoes, carrots, peas & gravy	Oven baked fish, fries, baked beans or mushy peas
w/c 04.09.23					
25.09.23					
16.10.23	Cheese & ham panini with fries	Fishcake, potatoes & peas	Vegetable lasagne & garlic bread	Jacket potato with cheese or tuna	Sausage roll, fries, baked beans or mushy peas
20.11.23					
11.12.23					
	Iced chocolate shortcake & custard	Lemon muffin & ice cream	Apple lattice pie & ice cream	Bakewell tart & custard	Banana & syrup sponge & custard
Week 2	Spaghetti bolognese	Chicken dippers, herby diced pots & baked beans	Sea star, potatoes, peas & parsley sauce	Roast sausage, yorkshire pudding, roast potatoes, carrots, peas & gravy	Oven baked fish, fries, mushy peas or baked beans
w/c 11.09.23					
02.10.23					
06.11.23	Jacket potato with baked beans or tuna mayo	Fish fingers, fries & baked beans	Cauliflower & mixed pepper curry & Rice	Ham & cheese toastie with colesaw	Cheese & tomato pizza, fries, baked beans or mushy peas
27.11.23					
18.12.23					
	Apple peach crumble & custard	Fridge cake	Jelly & ice cream	Syrup sponge & custard	Sticky chocolate orange sponge & custard
Week 3	Sausage casserole, roast potatoes & Peas	Cheese & onion quiche, sauted pots & salad	Tuna & cheese pasta bake, chopped salad & sweetcorn	Oven baked Gammon, roast potatoes, broccoli, carrots & onion gravy	Oven baked fish, fries, mushy peas or baked beans
w/c 18.09.23					
09.10.23					
13.11.23	Macaroni cheese, peas & colesaw	Chicken hot pot, mashed potato & peas	Chicken burger, potato wedges & baked beans	Cheese & onion lattice	Pork sausage, fries, baked beans & mushy peas
04.12.23					
	Jam & butter cream tart	Strawberry cheesecake	Cookie & milkshake	Millionaires shortcake	Flapjack & ice cream

DAILY DESSERT OPTION, YOGHURT OR CHEESE & BISUITS

HEALTHY PACKED LUNCHES ARE AVAILABLE DAILY

FOOD ALLERGY SYMBOLS

Eggs	Fish	Lupin	Mustard	Celery	Sesame	Cereals containing gluten	Sulphur dioxide	Crustaceans	Peanuts	Soya	Nuts	Milk	Molluscs