
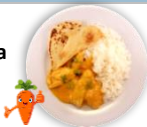




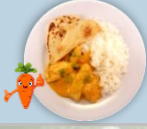
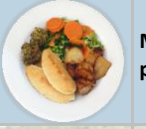



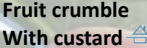







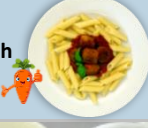

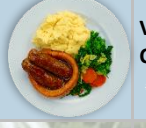
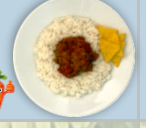




AUTUMN menu 2023






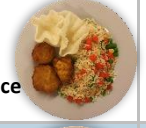










Weeks commencing 4th Sept, 25th Sept, 16th Oct,

	Monday	Tuesday	Wednesday	Thursday	Friday
1 Option 1	Beef Bolognese with garlic bread 	Chicken korma with naan 	Roast Turkey with stuffing 	Margherita pizza 	Local pork sausages with onion gravy 
Option 2	Vegetarian Bolognese with garlic bread 	Quorn korma with naan 	Quorn Fillets with stuffing 	Margherita pizza 	Veggie sausages with onion gravy 
Dessert	Mixed ice creams 	Fruit crumble With custard 	Fruit jelly pot	Sticky toffee pudding	Fresh fruit, yoghurt or cheese and biscuits

Weeks commencing 11th Sept, 2nd Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
2 Option 1	Pork & fennel meatballs with pasta 	Chicken burger, chips and coleslaw 	Sausage toad with mash 	Beef chilli with rice 	Chicken and bacon pie 
Option 2	Vegetarian meatballs with pasta 	Veggie burger, chips and coleslaw 	Quorn sausage toad with mash 	Vegetarian Chilli with rice 	Quorn and mushroom pie 
Dessert	Winter berry Pavlova	Fresh fruit, yoghurt or cheese and biscuits	Ice Cream 	Double fruit flapjack with custard 	Vanilla cheese cake 

Weeks commencing 18th Sept, 9th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
3 Option 1	Parmesan chicken with pasta 	Chicken and ham pasty 	Roast pork with apple sauce 	Sweet & sour chicken with Chinese style rice 	Fish, Chips and peas 
Option 2	Parmesan Quorn with pasta 	Cheese and potato pasty 	Roast Quorn with apple sauce 	Sweet & sour Quorn with Chinese style rice 	Cheese Omlette chips 
Dessert	Choc Ices 	Fresh fruit, yoghurt or cheese and biscuits	Profiteroles with chocolate sauce 	Chocolate brownie with ice cream 	Pineapple upside down cake 

Always available...

Mashed potatoes and seasonal vegetables
Pesto Pasta • Tomato Pasta
Baked Beans • Mixed Salad
Gravies & Sauces

Tasting Plate

Taster portion of today's main course and dessert, half sandwich or baguette
vegetable sticks with hummus, soft cheese and fresh fruit

Tuna Mayo • Cheddar Cheese Gammon Ham

Salad Bar

Lettuce • Tomato
Cucumber • Pasta Salad
Coleslaw • Potato Salad
Bread

Extra Desserts

Fresh Fruit • Natural Yoghurt



Made in the school kitchen from fresh ingredients



Contains extra hidden vegetables!