AUTUMN - WEEK 1

LITTLE FOODIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M SUITABLE	Creamy Chicken & Pepperoni Pasta, Garlic Bread & Assorted Salad G E SUL M SES SUITABLE	Roast Chicken Breast Dinner with Yorkshire Puddings, Gravy, Mashed Potatoes and Seasonal Vegetables G E M SUITABLE	Cheesy Beef Bolognaise Stuffed Jacket Potato Halves with Assorted Salad M CL SUITABLE	MSC Battered Cod Fillet with Garden Peas, Chips and Tomato Ketchup G F SUITABLE
VEGGIE OPTION	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M SUITABLE	Sunblushed Pomodoro Tomato Sauce with Penne Pasta, Garlic Bread & Assorted Salad G M SES CL SUITABLE	Quorn Vegan Fillet with Yorkshire Puddings, Gravy, Mashed Potatoes and Seasonal Vegetables G E M SUITABLE	Mild Vegan Mexican Chilli with White Rice & Assorted Salad S CL SUITABLE	Quorn Vegan Dippers with Garden Peas, Chips and Tomato Ketchup G SUITABLE
JACKET POTATO OR PANINI	**Jacket Potato served with either:** Tuna Mayo E F SUITABLE Cheese M SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.	**Assorted Paninis to include:** BBQ Chicken & Cheese G M SUITABLE Tuna Melt G F M E SUITABLE Cheese & Tomato G M SUITABLE With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F SUITABLE Cheese M SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.	**Assorted Paninis to include:** BBQ Chicken & Cheese G M SUITABLE Tuna Melt G F M E SUITABLE Cheese & Tomato G M SUITABLE With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F SUITABLE Cheese M SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.
DESSERT	Swirled Chocolate and Vanilla Mousse M SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt M SUITABLE	Polaris Rocky Road Squares G S M SUITABLE Fresh Fruit or Yogurt M SUITABLE	Jam Sponge with Custard G E M S SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt M SUITABLE	Harvest Chocolate Brownie G E M S SUITABLE Fresh Fruit or Yogurt M SUITABLE	Spiced Apple Flapjack & Custard G M SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt M SUITABLE

Fresh Fruit & Yoghurt will be available daily. There will be a Salad Bar available daily for all children having a school lunch. All our meat & poultry is Farm Assured and we use local farms wherever possible for both meat and seasonal vegetables. All our fish is certified to ensure it has been fished responsibly.

ALLERGENS

Red = Contains

MS Mollusc, G Gluten, F Fish, CL Celery, S Soya, SES Sesame, N Nuts
E Egg, C Crustaceans, L Lupin, MUS Mustard, M Milk, SUL Sulphur Dioxide, PN Peanuts

Blue = May Contain

MS Mollusc, G Gluten, F Fish, CL Celery, S Soya, SES Sesame, N Nuts
E Egg, C Crustaceans, L Lupin, MUS Mustard, M Milk, SUL Sulphur Dioxide, PN Peanuts

AUTUMN - WEEK 2

LITTLE FOODIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken & Onion Pizza Waffle Fries, Coleslaw, Assorted Salad (G, E, M) SUITABLE	Cornish Beef Slab served with Seasonal Vegetables, Crushed New Potatoes and Gravy (G, E, S, CL, MUS, L) SUITABLE	Chicken & Sundried Tomato Lasagne with Garlic Bread and Assorted Salad (G, M, MUS, E, S, SES, CL) SUITABLE	Halal Chicken Shawarma in Creamy Garlic & Herb Sauce with White Rice & Assorted Salad (CL, SUL) SUITABLE	Fish Fingers with Mini Hash Browns & Baked Beans (G, F) SUITABLE
VEGGIE OPTION	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad (G, E, M) SUITABLE	Mixed Vegetable Filo Pie with Seasonal Vegetables, Crushed New Potatoes and Gravy (G, CL, S, L, MUS) SUITABLE	Vegan Basilico Bolognaise with Pasta, Garlic Bread and Assorted Salad (G, S, M, SES, CL) SUITABLE	Sweet & Sour Vegetables with White Rice & Assorted Salad SUITABLE	Quorn Dippers with Mini Hash Browns & Baked Beans (G) SUITABLE
JACKET POTATO OR PANINI	**Jacket Potato served with either:** Tuna Mayo (E, F) SUITABLE Cheese (M) SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.	**Assorted Paninis to include:** BBQ Chicken & Cheese (G, M) SUITABLE Tuna Melt (G, F, M, E) SUITABLE Cheese & Tomato (G, M) SUITABLE With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo (E, F) SUITABLE Cheese (M) SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.	**Assorted Paninis to include:** BBQ Chicken & Cheese (G, M) SUITABLE Tuna Melt (G, F, M, E) SUITABLE Cheese & Tomato (G, M) SUITABLE With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo (E, F) SUITABLE Cheese (M) SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.
DESSERT	Strawberry Chocolate Brownie (G, E, M, S) SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt (M) SUITABLE	Raspberry & Rhubarb Crumble Cake & Custard (G, E, M, S) SUITABLE Fresh Fruit or Yogurt (M) SUITABLE	Golden Oaty Chocolate 'Fruity' Biscuit (G, S) SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt (M) SUITABLE	Decorated Cup Cakes (G, E, M, S) SUITABLE Fresh Fruit or Yogurt (M) SUITABLE	Cookies & Cream Chocolate Cake (G, E, M, S, SES) SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt (M) SUITABLE

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MS Mollusc	G Gluten	F Fish	CL Celery	S Soya	SES Sesame	N Nuts
E Egg	C Crustaceans	L Lupin	MUS Mustard	M Milk	SUL Sulphur Dioxide	PN Peanuts

Blue = May Contain

MS Mollusc	G Gluten	F Fish	CL Celery	S Soya	SES Sesame	N Nuts
E Egg	C Crustaceans	L Lupin	MUS Mustard	M Milk	SUL Sulphur Dioxide	PN Peanuts

AUTUMN - WEEK 3

LITTLE FOODIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pepperoni Pizza, Waffle Fries, Coleslaw, Assorted Salad (G E S M MUS) SUITABLE	Polaris Hunters Chicken with Seasoned Wedges, Peas & Golden Sweetcorn (G M S) SUITABLE	Halal Chicken Loaded Mac & Cheese with Garlic Bread & Salad (M G) SUITABLE	Authentic Mild Chicken Korma with White Rice, Naan Bread and Assorted Salad (G M MUS) SUITABLE	Jumbo Fish Finger with Mash, Beans & Ketchup (G F M) SUITABLE
VEGGIE OPTION	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad (G E M) SUITABLE	Freshly baked Vegan Sausage Roll with Seasoned Wedges, Peas & Golden Sweetcorn (G) SUITABLE	Mac & Cheese with Garlic Bread & Salad (M G) SUITABLE	Roasted Vegetable & Creamy Balti Curry with White Rice, Naan Bread & Assorted Salad (G) SUITABLE	Quorn Dippers with Mash, Beans & Ketchup (G M) SUITABLE
JACKET POTATO OR PANINI	**Jacket Potato served with either:** Tuna Mayo (E F) SUITABLE Cheese (M) SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.	**Assorted Paninis to include:** BBQ Chicken & Cheese (G M) SUITABLE Tuna Melt (G F M E) SUITABLE Cheese & Tomato (G M) SUITABLE With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo (E F) SUITABLE Cheese (M) SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.	**Assorted Paninis to include:** BBQ Chicken & Cheese (G M) SUITABLE Tuna Melt (G F M E) SUITABLE Cheese & Tomato (G M) SUITABLE With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo (E F) SUITABLE Cheese (M) SUITABLE Baked Beans SUITABLE With assorted Salad from the Salad Bar.
DESSERT	Chocolate Sponge & Custard (G E M S) SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt (M) SUITABLE	Layered (Vegan) Fruit Jelly SUITABLE Fresh Fruit or Yogurt (M) SUITABLE	Sticky Toffee Blondie (G E M S) SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt (M) SUITABLE	Raspberry & White (G E M S) Chocolate Waffle Pudding SUITABLE Fresh Fruit or Yogurt (M) SUITABLE	Fresh Fruit Salad & Ice Cream (M) SUITABLE Chunky Fruit Pots, Fresh Fruit or Yoghurt (M) SUITABLE

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Blue = May Contain

MS Mollusc, G Gluten, F Fish, CL Celery, S Soya, SES Sesame, N Nuts
E Egg, C Crustaceans, L Lupin, MUS Mustard, M Milk, SUL Sulphur Dioxide, PN Peanuts