

<p>WEEK ONE Weeks beginning:</p> <p>2nd Sept 23rd Sept 14th Oct</p>	<p><u>MONDAY</u> <u>MAINS</u> Pork sausages Vegan sausages(V)(VE) New potatoes / wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yoghurt</p>	<p><u>TUESDAY</u> <u>MAINS</u> Chicken curry & brown rice Macaroni Cheese Jacket Potato</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Banana cake</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast gammon Quorn roast(V) Roast potatoes / wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit jelly</p>	<p><u>THURSDAY</u> <u>MAINS</u> BBQ pulled pork Jacket potato with cheese & beans New potatoes / wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Blueberry cake</p>	<p><u>FRIDAY</u> <u>MAINS</u> Breaded cod fillet Vegan sausage roll (V)(VE) Chips/wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yoghurt</p>
<p>WEEK TWO Weeks beginning:</p> <p>9th Sept 30th Sept 21st Oct</p>	<p><u>MONDAY</u> <u>MAINS</u> Ham & cheese omelette & new potatoes Macaroni cheese Jacket Potato</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yoghurt</p>	<p><u>TUESDAY</u> <u>MAINS</u> Jacket potato with tuna Vegan curry & brown rice (V)(VE)</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Banana cake</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast chicken Quorn roast(V) Roast potatoes / wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit jelly</p>	<p><u>THURSDAY</u> <u>MAINS</u> Pork sausages Vegan sausages New potatoes / wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Strawberry cake</p>	<p><u>FRIDAY</u> <u>MAINS</u> Salmon fishcake Vegan sausage roll (V)(VE) Chips/wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yoghurt</p>
<p>WEEK THREE Weeks beginning:</p> <p>16th Sept 7th Oct</p>	<p><u>MONDAY</u> <u>MAINS</u> Spaghetti bolognese Jacket potato with beans & cheese</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yogurt</p>	<p><u>TUESDAY</u> <u>MAINS</u> Pork sausages Vegan sausages (V)(VE) New potatoes / wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yoghurt</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast pork Quorn roast(V) Chips/wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit jelly</p>	<p><u>THURSDAY</u> <u>MAINS</u> Ham, egg & new potatoes Macaroni Cheese Jacket potato</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Blackberry cake</p>	<p><u>FRIDAY</u> <u>MAINS</u> Breaded cod fillet Vegan sausage roll (V)(VE) Chips/wholewheat pasta</p> <p><u>SIDES</u> Seasonal vegetables</p> <p><u>DESSERT</u> Fruit yoghurt</p>

The second choice each day is suitable for vegetarians.

Vegan friendly is marked with (VE)

A vegan or vegetarian option can be put in place when not available on the menu for that day.

Fresh seasonal salad, fresh wholewheat bread and fresh drinking water are available daily.

Fresh fruit is available daily as an alternative to the dessert of the day.

All meats are high welfare.

All our fish is sustainable and approved by the Marine Stewardship Council (MSC).

For information regarding allergens or if any special diets are required please speak to Dianna Lune, school cook.



School Lunch Menu

Autumn 2024