

Lunch Menu - Autumn Term
Week Beginning:

Week (7)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/Fish	<u>Fish Dish</u> Fish Pie (Starch, Milk, Cheese)	<u>Red Meat Dish</u> Beef Chilli	<u>Meat Free</u> Vegetable Curry	<u>Chicken Dish</u> Chicken Pie (Wheat, Milk)	<u>Meat Free</u> Vegetable Stir-Fry
Vegetarian	Shepherdess Pie (Starch)	Vegetable Chilli	Vegetable Curry	Vegetable Pie	Vegetable Stir-Fry
Starchy Foods (Rice/Pasta/Potato etc.)	Mash Potato (Starch)	Rice (Wheat, Gluten)	Cous Cous (Wheat)	Boiled Potato (Starch)	Noodles (Egg, Wheat)
Vegetables	Garden Peas	Steamed Carrots		Sliced Green Beans	
Salad	Cucumber sticks Tomato	Mixed Salad	Green Salad	Cucumber Sticks Tomato	Tossed Salad
Dessert	Pineapple upside down Cake with Custard (Wheat, Milk, Egg) Fresh Fruit	Yogurt with Fruit (Milk) Fresh Fruit	Chocolate Brownie with Custard (Wheat, Milk, Egg) Fresh Fruit	Fruity Yogurt (Milk) Fresh Fruit	Fruit Jelly with Ice Cream (Milk) Fresh Fruit

Please note: We receive weekly food deliveries from FareShare, a food Charity, we plan our menu after this delivery each Wednesday. We follow the school food standards and the 'Eat Better, Start Better' guidelines.

If your child has any food allergies please speak to your child's key person. We cater for children's special dietary needs.

- Fresh water is offered with every meal