



















AUTUMN MENU 2020

WK1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JACKET POTATO WITH CHEESE OR BAKED BEANS  	CHICKEN COCONUT & MANGO CURRY 	SIMPLY BAKED SALMON With lemon & dill sauce  	SOMERSET COTTAGE PIE With gravy 	HADDOCK GOUJONS with lemon wedges & tartar sauce  
JACKET POTATO WITH TUNA MAYONNAISE 	CHICK PEA SWEET POTATO & MANGO CURRY  	VEGETABLE & CHEESE FRITTATA  	VEGEMINCE WITH SEASONAL VEGETABLES TOPPED WITH CREAM POTATOES  	VEGETABLE FINGERS 
PEAS	BROWN BASMATI RICE	STEAMED BROCCOLI STEAMED BABY POTATOES	GREEN BEANS	GARDEN PEAS/BALED BEANS OVEN BAKED FRIES
SELECTION OF SMOOTH & FRUITY YOGHURTS	SEMOLINA PUDDING 	FRESH SEASONAL FRUITS SELECTION OF SMOOTH & FRUITY YOGHURTS	FRESH FRUIT SALAD 	SELECTION OF SMOOTH & FRUITY YOGHURTS
	SELECTION OF SMOOTH & FRUITY YOGHURTS		SELECTION OF SMOOTH & FRUITY YOGHURTS	

 Vegetarian
  Sustainable Fish
  Oily Fish
  Wheat
  Soya Beans
  Eggs
  Celery
  Milk/Cream
  Cheese
  Red Tractor

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar everyday. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.

AUTUMN MENU 2020

WK2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHEESE MACARONI BAKE 	BBQ CHICKEN 	SMOKED MACKEREL 	BEEF LASAGNE 	BAKED COD FILLET with lemon wedges & tartar sauce
PENNE PASTA IN TOMATO & BASIL 	TOFU TERIYAKI 	VEGETABLE BURGER 	VEGEMINCE LASAGNE 	CHEESE & ONION QUICHE
GARDEN PEAS OVEN BAKED FRIES	GREEN BEANS EGG NOODLES	STEAMED BROCCOLI FLORETS STEAMED NEW POTATOES	GARDEN PEAS	GARDEN PEAS/BALED BEANS OVEN BAKED FRIES
SELECTION OF SMOOTH & FRUITY YOGHURTS	CHOCOALTE SPONGE With Chocolate sauce 	SELECTION OF SMOOTH & FRUITY YOGHURTS	RICE PUDDING With Jam 	SELECTION OF SMOOTH & FRUITY YOGHURTS

Vegetarian
 Sustainable Fish
 Oily Fish
 Wheat
 Soya Beans
 Eggs
 Celery
 Milk/Cream
 Cheese
 Red Tractor

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar everyday. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.

AUTUMN MENU 2020

WK3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROASTED VEGETABLE & CHEESE RAVIOLI 	SUFFOLK CHICKEN SAUSAGES WITH ONION GRAVY 	TUNA SWEETCORN PASTA BAKE 	SPAGHETTI BOLOGNESE 	100% COD FISH FINGERS with lemon wedges & tartar sauce
SPELT MUSHROOM & BUTTERBEAN RISOTTO	LINCOLNSHIRE STYLE VEGETARIAN SAUSAGES 	POTATO GNOCCHI WITH TOMATO & HERB 	VEGETABLE & LENTIL BOLOGNESE 	VEGETABLE & FALAFEL BURRITOS
GREEN BEANS PLAIN PASTA	GARDEN PEAS CREAMY MASH POTATOES	STEAMED BROCCOLI FLORETS	GREEN BEANS PLAIN SPAGHETTI	GARDEN PEAS/BALED BEANS OVEN BAKED FRIES
SELECTION OF SMOOTH & FRUITY YOGHURTS	FRUIT CRUMBLE With Custard 	SELECTION OF SMOOTH & FRUITY YOGHURTS	STRAWBERRY JELLY	SELECTION OF SMOOTH & FRUITY YOGHURTS
	SELECTION OF SMOOTH & FRUITY YOGHURTS			

Vegetarian
 Sustainable Fish
 Oily Fish
 Wheat
 Soya Beans
 Eggs
 Celery
 Milk/Cream
 Cheese
 Red Tractor

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar everyday. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.