

Autumn Term Menu



WEEK ONE

Choose from either...

- Monday**
- M** Sausage Roll* **E**
 - V** Vegetarian Sausage Roll **DE**
 - JP** Beef Bolognese **GDE**

Served with

Crispy Diced Potatoes **GDE**

Dessert

Fruit Corners **GE**

Choose from either...

- Tuesday**
- M** Chicken Korma **GE**
 - V** Vegetable & Chickpea Korma **GE**
 - JP** Baked Beans **GDE**

Served with

Naan Bread **DE**

Dessert

Apple & Caramel Traycake

Choose from either...

- Wednesday**
- M** Roast Chicken & Gravy **GDE**
 - V** Cheese & Tomato Quiche
 - JP** Tuna & Sweetcorn with Mayo **GD**

Served with

Roast Potatoes **GDE**

Dessert

Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Thursday**
- M** Pork Meatballs & Tomato Sauce* **DE**
 - V** Veggie Balls & Tomato Sauce **DE**
 - JP** Cheese **GE**

Served with

Pasta **DE**

Dessert

Mini Apple & Raspberry Doughnut **DE**

Choose from either...

- Friday**
- M** Cod Fish Fingers **DE**
 - V** Quorn Dippers
 - JP** Baked Beans **GDE**

Served with

Wedges **GDE**

Dessert

Blueberry Muffin

WEEK TWO

Choose from either...

- Monday**
- M** Breaded Chicken Fillet **E**
 - V** Vegetable & Cheese Bake **E**
 - JP** Baked Beans **GDE**

Served with

Saute Potatoes **GDE**

Dessert

Ice Cream **GE**

Choose from either...

- Tuesday**
- M** Pasta with Herby tomato sauce **DE**
 - V** Cheese, Tomato and potato bake **GE**
 - JP** Cheese **GE**

Dessert

Chocolate Muffin

Choose from either...

- Wednesday**
- M** Beef Burger **DE**
 - V** Veggie Burger **DE**
 - JP** Chicken Korma **GE**

Served with

Potato Bites **GDE**

Dessert

Shortbread **E**

Choose from either...

- Thursday**
- M** Roast Ham and Gravy* **GDE**
 - V** Roast Quorn and Gravy **GD**
 - JP** Tuna & Sweetcorn with Mayo **GD**

Served with

Roast Potatoes **GDE**

Dessert

Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Fish Goujons **DE**
 - V** Veggie Sausages **DE**
 - JP** Cheese **GE**

Served with

Crispy Diced Potatoes **GDE**

Dessert

Fruit Flapjack **DE**

WEEK THREE

Choose from either...

- Monday**
- M** Pasta Bolognese **DE**
 - V** Cheese & Tomato Pizza Tart and chips **E**
 - JP** Tuna & Sweetcorn with Mayo **GD**

Dessert

Chocolate Cake **GD**

Choose from either...

- Tuesday**
- M** Sausages with Mash* **E**
 - V** Vegetable Lasagne **E**
 - JP** Baked Beans **GDE**

Dessert

Vanilla & strawberry Mousse **GE**

Choose from either...

- Wednesday**
- M** Roast Turkey and Gravy **GDE**
 - V** Cauliflower cheese **E**
 - JP** Salmon, Cream Cheese & Chives **GE**

Served with

Roast Potatoes **GDE**

Dessert

Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Thursday**
- M** Sweet Sticky Chicken **GDE**
 - V** Sweet Sticky Quorn **DE**
 - JP** Cheese **GE**

Served with

Noodles **D**

Dessert

Chocolate Chip Cookie

Choose from either...

- Friday**
- M** Baked Battered Cod **DE**
 - V** Veggie Nuggets **DE**
 - JP** Mild beef chilli **GDE**

Served with

Potato Bites **GDE**

Dessert

Pancake

Check the Schedule

SEPTEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

OCTOBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

NOVEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

DECEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



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- D** - Dairy Free
 - G** - Gluten Free
 - E** - Egg Free
 - * - Contains Pork
- All meals are served with vegetables

Please note. We work from a nut free premises but some purchased items may contain traces of nuts

Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the
Schedule
overleaf

IF YOU COME DOWN TO THE WOODS TODAY...

Choose from

- M** Hot Dog **DE** *
- V** Vegetarian Dog **DE**
- JP** Tuna Mayo jacket **GD**

Served with

Wedges **GDE** and cucumber and carrot sticks

Dessert

Raisin cookie

1st
October

