

This week is...

☐ Week 1 ☐ Week 2 ☐ Week 3

# AUTUMN / WINTER MENU



## Family Favourites Monday

## Around the World Tuesday

## Pasta Town Wednesday

## Great British Roast Thursday

## FRESH FISH FRIDAY

WEEK 1

Choice 1	Vegan Meatball Tagine <b>VG</b>	Baked Sausages	Chicken in a Creamy Tomato Sauce	Roast Beef & Yorkshire Pudding	Fish Fingers
Choice 2	Vegetable Goulash <b>VG</b>	Quorn Vegan Sausage <b>VG</b>	Tomato & Basil Sauce <b>VG</b>	Vegetable Burger <b>V</b>	Vegan Hot Dog <b>VG</b>
Served with	Confetti Rice & Sweetcorn <b>VG</b>	Mashed Potato, Baby Carrot Cauliflower & Gravy <b>VG</b>	Penne Pasta & Green Beans <b>VG</b>	Roast Potatoes, Cabbage Carrots & Gravy <b>V</b>	Chips & Baked Beans <b>VG</b>
Jacket potato	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon
Dessert	Vanilla Shortbread <b>VG</b>	Jamaican Ginger Cake <b>V</b>	Peaches & Ice Cream <b>V</b>	Jam & Coconut Sponge <b>V</b>	Fruit Cocktail & Yoghurt <b>V</b>

WEEK 2

Choice 1	Crispy Chicken Goujons	BBQ Chicken Baguette	Beef Bolognaise	Roast Pork	Battered Fish
Choice 2	Quorn Vegan Nuggets <b>VG</b>	Quorn Dog <b>V</b>	Meat Free Bolognaise <b>V</b>	Quorn Vegan Sausage <b>VG</b>	Vegetable Pizza <b>V</b>
Served with	Roast New Potatoes & Sweetcorn <b>VG</b>	Nacho's & Mixed Salad Sticks <b>VG</b>	Penne Pasta & Garlic Bread <b>V</b>	Roast Potatoes, Honey Roast Carrots & Gravy <b>V</b>	Chips & Beans <b>VG</b>
Jacket potato	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon
Dessert	Chocolate Cookie <b>VG</b>	Dorset Apple Cake <b>V</b>	Baked Pineapple & Ice Cream <b>V</b>	Mixed Fruit Jelly <b>VG</b>	Sticky Toffee Pudding & Custard <b>V</b>

WEEK 3

Choice 1	Pork Sausage Roll	Butter Chicken Curry	Macaroni Cheese <b>V</b>	Roast Chicken	Fish Fingers
Choice 2	Vegan Sausage Roll <b>VG</b>	Roasted Cauliflower Curry <b>VG</b>	Country Vegetable Bake <b>V</b>	Quorn Burger <b>V</b>	Cheese & Onion Pasty <b>V</b>
Served with	Potato Rosti Bites & Baked Beans <b>V</b>	Rice & Naan Bread <b>V</b>	Broccoli & Sweetcorn <b>VG</b>	Roast Potatoes, Stuffing, Country Vegetables & Gravy <b>V</b>	Chips & Beans <b>VG</b>
Jacket potato	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon	Beans/Cheese/Tuna/Salmon
Dessert	Apricot & Ginger Flapjack <b>VG</b>	Strawberry Ice Cream Pot <b>V</b>	Chocolate Sprinkle Cake <b>V</b>	Mandarins <b>VG</b>	Australian Crunch <b>V</b>

### Weeks starting:

**Week 1:** 1 Sep, 22 Sep, 13 Oct, 10 Nov, 1 Dec  
**Week 2:** 8 Sep, 29 Sep, 20 Oct, 17 Nov, 8 Dec  
**Week 3:** 15 Sep, 6 Oct, 3 Nov, 24 Nov, 15 Dec



Fresh fruit and yoghurt available daily as an alternative to dessert!

### Do you need help?

If your child has a medically diagnosed dietary requirement which cannot be met by this menu please contact our office on 01278 427171.

**V** Vegetarian

**VG** Vegan / plant-based

