



# School Dinner Menu – Autumn Menu 2018

## Week One

w/c 3<sup>rd</sup> Sept, 24<sup>th</sup> Sept, 15<sup>th</sup> Oct, 12<sup>th</sup> Nov, 3<sup>rd</sup> Dec,

**V - Vegetarian**  
**GF – Gluten Free**

### Monday

Beef Burger & Wedges  
Cheese & Tomato Pizza (V)  
Seasonal Vegetable (V) (GF)  
Apple Flapjack (V)

### Tuesday

Spaghetti Bolognese  
Mild Vegetable Korma with Rice (V)  
Seasonal Vegetable (V) (GF)  
Cinnamon Oaty Cooked (V)

### Wednesday

Roast Chicken, Potatoes & Gravy (GF)  
Cheese & Bean Parcel (V)  
Seasonal Vegetable (V) (GF)  
Jelly & Fruit (V) (GF)

### Thursday

BBQ Chicken Wrap  
Quorn Bolognese (V)  
Seasonal Vegetables (V) (GF)  
Jam Sponge (V)

### Friday

Fish Fingers & Chips  
Vegetarian Fingers & Chips (V)  
Seasonal Vegetable (V) (GF)  
Baked Beans (V) (GF)  
Fruity Friday (V) (GF)

### Available Daily

Wholemeal bread, fresh crisp salad and water. Seasonal fresh fruit and yoghurt and cheese and crackers. Also a choice of sandwiches & jacket potato.

## Week Two

w/c 10<sup>th</sup> Sept, 1<sup>st</sup> Oct, 29<sup>th</sup> Oct, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec

**V - Vegetarian**  
**GF – Gluten Free**

### Monday

Pork Sausage Mashed Potatoes & Gravy  
Quorn Sausage Mashed Potatoes & Gravy (V)  
Seasonal Vegetable (V) (GF)  
Chocolate Sponge (V)

### Tuesday

Beef Meatballs with Rice  
Vegetarian Meatballs with Rice (V)  
Seasonal Vegetable (V) (GF)  
Apple Crumble & Custard (V)

### Wednesday

Roast Turkey Potatoes & Gravy (GF)  
Cheese & Baked Bean Puff (V)  
Seasonal Vegetable (V) (GF)  
Carrot Cake (V)

### Thursday

Chicken Pasta  
Vegetarian Lasagne with Potato Wedges (V)  
Seasonal Vegetables (V) (GF)  
Ice Cream with Shortbread r (V)

### Friday

Fish Fingers & Chips  
Vegetable Burger & Chips (V)  
Seasonal Vegetable (V) (GF)  
Fruity Friday (V) (GF)

### Available Daily

Wholemeal bread, fresh crisp salad and water. Seasonal fresh fruit and yoghurt and cheese and crackers. Also a choice of sandwiches & jacket potato.

## Week Three

w/c 17<sup>th</sup> Sept, 8<sup>th</sup> Oct, 5<sup>th</sup> Nov, 26<sup>th</sup> Nov, 17<sup>th</sup> Dec

**V - Vegetarian**  
**GF – Gluten Free**

### Monday

Ham Pizza & Wedges  
Cheese & Tomato Pasta (V)  
Seasonal Vegetable (V) (GF)  
Iced Lemon Sponge (V)

### Tuesday

Mild Chicken Korma  
Macaroni Cheese (V)  
Seasonal Vegetable (V) (GF)  
Sultana Cookie (V)

### Wednesday

Roast Chicken, Potatoes & Gravy (GF)  
Quorn Fillet, Potatoes & Gravy (V)  
Seasonal Vegetable (V) (GF)  
Pineapple Upside Down Cake (V)

### Thursday

Beef Lasagne  
Cheese & Baked Bean Puff (V)  
Seasonal Vegetables (V) (GF)  
Chocolate Rice Crisp Cake Finger (V) (GF)

### Friday

Fish Fingers & Chips  
Vegetarian Sausage & Chips (V)  
Seasonal Vegetable (V) (GF)  
Fruity Friday (V) (GF)

### Available Daily

Wholemeal bread, fresh crisp salad and water. Seasonal fresh fruit and yoghurt and cheese and crackers. Also a choice of sandwiches & jacket potato.