



# Autumn Menu 2022

## Week 1 Menu Dates

31<sup>st</sup> October  
21<sup>st</sup> November  
12<sup>th</sup> December

## Week 2 Menu Dates

7<sup>th</sup> November  
28<sup>th</sup> November  
19<sup>th</sup> December

## Week 3 Menu Dates

(Inset Day 14<sup>th</sup>) November  
5<sup>th</sup> December

**Years Reception, 1 & 2 - Free of Charge**

**Years 3, 4, 5 & 6 - £2.50 per day**

**Parents: Please note the yellow option is for  
Gluten Free children only**



# Monday



## MAINS

Red Option  
Cheese & Tomato Pizza

Blue Option  
Jacket Potato with Beans or Cheese

Yellow Option  
Jacket Potato with Beans or Cheese

Served with  
Mixed Salad

## DESSERT

Chocolate Sponge

# Tuesday



## MAINS

Red Option  
Pasta Bolognese

Blue Option  
Quorn Mince Bolognese

Yellow Option  
Pasta Bolognese with Gluten Free  
Pasta

Served Garlic Bread and Green  
Beans

## DESSERT

Fruit or Yoghurt

# Wednesday



## MAINS

Red Option  
Roast Gammon  
With all the Trimmings

Blue Option  
Quorn Fillets  
With all the Trimmings

Yellow Option  
Roast Gammon,  
Potatoes and Veggies

## DESSERT

Strawberry Angel Delight

# Thursday

## MAINS

Red Option  
Sausages and Fluffy Mash

Blue Option  
Vegetarian Sausages and Fluffy Mash

Yellow Option  
Gluten Free Sausages and Fluffy Mash

Served with  
Roasted Vegetables

## DESSERT

Fruit Flavoured Jelly



# Friday

Red Option  
Omega 3 Fish Fingers

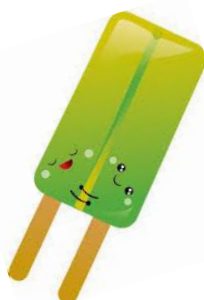
Blue Option  
No Fish Goujons **NEW**

Yellow Option  
Gluten Free Fish Fingers

Served with  
Thin cut French Fries  
Sweetcorn and Peas.

## DESSERT

100% Fruit Ice Lolly



# Monday



## MAINS

### Red Option

Cheese and Tomato Pasta Bake

### Blue Option

Tomato Pasta Bake

### Yellow Option

Gluten Free Tomato Pasta Bake

Served with  
Homemade Crusty Bread,  
Mixed Salad

## DESSERT

Fruit or Yogurt

# Tuesday



## MAINS

### Red Option

Nacho Chicken

### Blue Option

Nacho Quorn

### Yellow Option

Chicken Italianne

Served with  
Rice and Peas

## DESSERT

Apple Eaves Pudding & Custard

# Wednesday

## MAINS

### Red Option

Roast Pork with all the Trimmings

### Blue Option

Quorn Fillets with all the Trimmings

### Yellow Option

Roast Pork, Potatoes and Veggies

Roast Potatoes, Peas, Sweetcorn &  
Yorkshire Puddings

## DESSERT

Ice Cream

# Thursday



## MAINS

### Red Option

Lasagne

### Blue Option

Quorn Bolognese

### Yellow Option

Bolognese with Gluten Free Pasta

Served with  
Salad and Garlic Bread

## DESSERT

Flapjack

# Friday



## MAINS

### Red Option

Chicken Nuggets

### Blue Option

Quorn Dippers

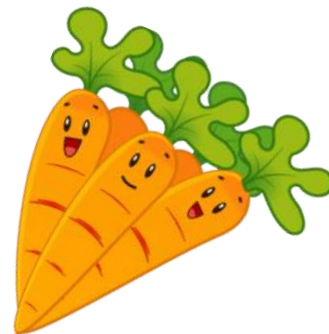
### Yellow Option

Jacket Potato with Beans

Served with  
Herby Potatoes, Baked Beans  
or Peas

## DESSERT

Ice Sponge



# Monday



## MAINS

### Red Option

Mac 'N' Cheese

### Blue Option

Jacket with Beans

### Yellow Option

Jacket with Beans

Served with  
Mixed Salad, Homemade Crusty Bread

## DESSERT

Fruit Platter

# Tuesday



## MAINS

### Red Option

Pork Meatballs & Spaghetti  
(With Optional Sauce)

### Blue Option

Plant Based Meatballs & Spaghetti  
(With Optional Sauce)

### Yellow Option

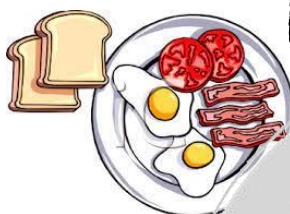
Plant Based Meatballs with  
Gluten Free Pasta (Optional Sauce)

Served with Green Beans

## DESSERT

Fruit Crumble with Custard

# Wednesday



## MAINS

### Red Option

Roast Chicken with all the Trimmings

### Blue Option

Quorn Fillets with all the Trimmings

### Yellow Option

Roast Chicken, Potatoes and Veggies

Served with Roast Potatoes, Carrots, Broccoli,  
Yorkshire Puddings

## DESSERT

Yoghurt / Fruit

# Thursday

## MAINS

### Red Option

All Day Breakfast



### Blue Option

All Day Veggie Breakfast

### Yellow Option

All Day Gluten Free Breakfast

## DESSERT

Chocolate Brownie

# Friday



## MAINS

### Red Option

Seaside Battered Fish  
& Chunky Chips

### Blue Option

No Fish Goujons  
& Chunky Chips

### Yellow Option

Gluten Free Fish Fingers  
& Chunky Chips

Served with Peas and Sweet Corn

## DESSERT

Ice Cream

Week 3

