

**Autumn/ Winter Term Menu** Menu amended to accommodate allergies and dietary requirements.

WEEK 1	LUNCH	INGREDIENTS	DESERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
<b>MONDAY</b>	Lamb Tagine served with new potatoes and roasted vegetables	Lamb, potatoes, Carrots, parsnips, leeks <i>Allergens: None</i>	Rice pudding with strawberry jam or a piece of fresh fruit	Pudding rice, milk, sugar, strawberries <i>Allergens: Dairy</i>	Choice of cheese and tuna rolls with a side salad	Bread, cheese, tuna, cucumber, carrot, pepper <i>Allergens: Gluten, wheat, Dairy, fish</i>	Fruit Fromage frais or a piece of fresh fruit	Milk, fruit puree <i>Allergens: Dairy</i>
<b>TUESDAY</b>	Creamy lentil and vegetable curry served with wholegrain rice	Lentils, sweet potato, carrot, butternut squash curry paste, wholegrain rice <i>Allergens: None</i>	Homemade Orange zest cupcakes or a piece of fresh fruit	Orange zest, flour, margarine, eggs, Caster sugar <i>Allergens: Dairy, Eggs, Gluten</i>	Parmesan and pea risotto	Parmesan cheese, peas, risotto rice, butter, onion, vegetable stock <i>Allergens: Dairy</i>	Fresh fruit medley or a piece of fresh fruit	Apple, pears, banana, melon <i>Allergens: None</i>
<b>WEDNESDAY</b>	Spaghetti Bolognese served with wholewheat pasta	Minced beef, passata, chopped tomatoes, pepper, onions, mixed herbs, garlic, butter, flour <i>Allergens: Gluten, Wheat, Dairy</i>	Fruity oat crumble with hidden vegetables served with custard or a piece of fresh fruit	Cooking apples, grated carrot, sultanas, oats, milk, maple syrup <i>Allergens: gluten, wheat, egg, dairy</i>	Leek and potato soup served with a crusty roll	Leek, Potato, vegetable stock, bread	Banana Mousse or a piece of fresh fruit	Fruit puree, milk <i>Allergens: Dairy</i>
<b>THURSDAY</b>	Fisherman's pie served with peas and sweetcorn	Fish, Peas, Sweetcorn, milk, potatoes, parsley, flour, milk, butter <i>Allergens: Dairy, wheat, gluten</i>	Bananas and custard or a piece of fresh fruit	Banana, milk, caster sugar, cream, eggs, vanilla extract <i>Allergens: Eggs, Dairy</i>	Breaded chicken with skinny carrot fries and peas	Breadcrumbs, Chicken, Carrots, Peas <i>Allergens: Wheat, Gluten</i>	Fruity jelly served with ice cream or a piece of fresh fruit	Mixed fruit, gelatine, milk <i>Allergens: Dairy</i>
<b>FRIDAY</b>	Chicken con carne served with wholegrain rice	Chicken, kidney beans, sweetcorn, peas, Passata, chopped tomatoes, carrots, green beans, wholegrain rice <i>Allergens: None</i>	Watermelon triangles or a piece of fresh fruit	Watermelon <i>Allergens: None</i>	Mini toad in the holes served with mixed vegetables	Flour, milk, eggs, Pork sausages, carrots, green beans, peas, sweetcorn <i>Allergens: Dairy, eggs, wheat</i>	Chocolate with hidden beetroot brownies or a piece of fresh fruit	Flour, cocoa powder, eggs, caster sugar beetroot, plain chocolate <i>Allergens: Dairy, eggs</i>

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WEEK 2	LUNCH	INGREDIENTS	DESERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
<b>MONDAY</b>	Creamy chicken and leek pie served with broccoli and carrots	<i>Chicken, leeks, broccoli, carrots, onion, flour, butter, cream, garlic, chicken stock</i>  <i>Allergens: Dairy, wheat, gluten</i>	Natural yoghurt served with a mixed berries or a piece of fresh fruit	<i>Milk, strawberries, blackberries, raspberries</i>  <i>Allergens: Dairy</i>	Saag Aloo served with a mint yoghurt dip	<i>Spinach, potatoes, garlic, onion, turmeric, ginger, milk, mint sauce</i> <i>Allergens: Dairy</i>	Homemade lemon zest cupcakes or a piece of fresh fruit	<i>Lemon zest, flour, margarine, eggs, caster sugar</i>  <i>Allergens: Wheat, gluten, Dairy, egg</i>
<b>TUESDAY</b>	Roasted ham and Rosemary new potatoes served with seasonal vegetables	<i>Ham, rosemary, new potatoes, swede, carrots, parsnips, sprouts</i>  <i>Allergens: None</i>	Mixed fruity trifle or a piece of fresh fruit	<i>Mixed fruit, flour, margarine, cream, gelatine, caster sugar, eggs, milk, vanilla extract</i> <i>Allergens: Dairy, wheat, gluten, egg</i>	Tuna pasta bake	<i>Tuna, chopped tomatoes, passata pepper, peas, sweetcorn, carrot, onion</i>  <i>Allergens: Fish, gluten, wheat</i>	Fruit fromage frais or a piece of fresh fruit	<i>Milk, fruit puree</i>  <i>Allergens: Dairy</i>
<b>WEDNESDAY</b>	Cottage pie served with Mixed vegetables	<i>Minced beef, peas, carrots, sweetcorn, green beans, onion, vegetable stock, potato</i>  <i>Allergens: None</i>	Poached pears served with natural yoghurt and syrup	<i>Pear, syrup, milk</i>  <i>Allergen: Dairy</i>	One pot Vegetable jambalaya	<i>Mixed Peppers, onion, chopped tomato, celery, garlic, wholegrain rice, Cajun spice</i> <i>Allergens: None</i>	Homemade gingerbread biscuits or a piece of fresh fruit	<i>Margarine, flour, ginger, eggs, brown sugar, syrup</i>  <i>Allergens: Dairy, wheat, gluten</i>
<b>THURSDAY</b>	Tasty Turkey hotpot topped with sliced potatoes	<i>Turkey mince, potato, carrots, onions, peas, sweetcorn, chicken stock</i>  <i>Allergens: None</i>	Oat and raisin cookies or a piece of fresh fruit	<i>Oats, raisons, golden syrup, margarine</i>  <i>Allergens: wheat, gluten, milk</i>	Cheese and cauliflower macaroni with a side of sweetcorn	<i>Cheese, macaroni pasta, cauliflower, sweetcorn, milk, flour, margarine</i> <i>Allergens: Dairy, wheat, gluten,</i>	Rhubarb served with custard or a piece of fresh fruit	<i>Rhubarb, milk, vanilla extract, caster sugar, cream, eggs</i>  <i>Allergens: Dairy, eggs, wheat, gluten</i>
<b>FRIDAY</b>	Vegetable lasagne served with a crusty roll	<i>Carrot, onion, peas, tomatoes, mixed herbs, lasagne sheets, bechamel sauce, bread</i>  <i>Allergens: Gluten, wheat, Dairy</i>	Bread and butter pudding served with a scoop of ice cream	<i>Bread, butter, milk, cinnamon, sugar, eggs, sultanas, vanilla flavouring</i> <i>Allergens: Dairy, wheat, gluten</i>	Very veggie pizza wraps served with a crushed tomato ketchup	<i>Cheese, mixed pepper, onion, sweetcorn, mushrooms, chopped tomatoes</i>  <i>Allergens: Wheat, gluten</i>	Fruity jelly served with ice cream or a piece of fresh fruit	<i>Mixed fruit, gelatine, milk</i>  <i>Allergens: Dairy</i>

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WEEK 3	LUNCH	INGREDIENTS	DESERT	INGREDIENTS	TEA	INGREDIENTS	TEA DESSERT	INGREDIENTS
<b>MONDAY</b>	Chinese Turkey curry noodles mixed with sliced carrot, mushrooms, and spring onion	<i>Turkey, noodles, curry powder, vegetable stock, ginger, turmeric, carrot, mushrooms, spring onion</i>  <i>Allergens: Wheat, gluten egg</i>	Rice pudding with a blueberry compote or a piece of fresh fruit	<i>Pudding rice, milk, sugar, blueberries</i>  <i>Allergens: Dairy</i>	Tomato and basil soup served with a crusty roll	<i>Chopped tomatoes, basil, vegetable stock, onion, garlic, bread</i> <i>Allergens: Wheat, Gluten, Dairy</i>	Fruit jelly or a piece of fresh fruit	<i>Mixed fruit, gelatine</i>  <i>Allergens: None</i>
<b>TUESDAY</b>	Root vegetable chilli and wholegrain rice	<i>Carrots, butternut squash, sweet potato, onion, parsnips, rice</i>  <i>Allergens: None</i>	Quick banana ice cream topped with toffee sauce or a piece of fresh fruit	<i>Banana, milk, toffee sauce</i>  <i>Allergens: Dairy</i>	Baked potato topped with dhal curry	<i>Potato, Onion, garlic, chopped tomatoes, turmeric, red lentils, vegetable stock, chickpeas, coriander</i> <i>Allergens: None</i>	Mixed fruit salad or a piece of fresh fruit	<i>pear, apple, orange, banana</i>  <i>Allergens: None</i>
<b>WEDNESDAY</b>	Mini roast – Chicken, potatoes, Yorkshire puddings, carrots, and parsnips	<i>Chicken, potatoes, flour, eggs, milk, butter, parsnips, carrots</i>  <i>Allergens: Dairy, Gluten, Wheat</i>	Fromage frais or a piece of fresh fruit	<i>Milk, fruit puree</i>  <i>Allergens: Dairy</i>	Tomato, cheese, and vegetable pasta bake	<i>Chopped tomatoes, passata, wholewheat pasta, peas, sweetcorn, carrots, onion, cheese</i> <i>Allergens: Dairy, wheat, gluten</i>	Mini pancakes topped with syrup and banana or a piece of fresh fruit	<i>Flour, egg, milk, banana, syrup</i> <i>Allergens: none</i>
<b>THURSDAY</b>	Fish curry served with rice and a plain naan bread	<i>Cod, chopped tomatoes, curry powder, pepper, onion, peas, sweetcorn, naan bread, rice</i> <i>Allergens: Fish, wheat, gluten</i>	Melon smiles or a piece of fresh fruit	<i>Melon</i>  <i>Allergens: None</i>	A selection of wraps served with peppers and cucumber with a side of Tzatziki	<i>Cheese, ham, chicken, wraps, pepper, cucumber, Greek yoghurt, cucumber, mint,</i> <i>Allergens: Dairy, wheat, gluten, fish</i>	Homemade chocolate chip and grated carrot granola bars or a piece of fresh fruit	<i>Oats, syrup, chocolate chips, carrot, butter</i>  <i>Allergens: Dairy</i>
<b>FRIDAY</b>	Shepherd's pie served with mixed vegetables	<i>Lamb mince, carrots, peas, sweetcorn, green beans, potato,</i> <i>Allergens: None</i>	Homemade strawberry muffins or a piece of fresh fruit	<i>Strawberries, margarine, caster sugar, eggs, flour</i>  <i>Allergens: Dairy, Egg, Gluten</i>	Homemade fish goujons served with sweet potato wedges and peas	<i>Breadcrumbs, cod, sweet potato, peas</i>  <i>Allergens: Wheat, Gluten, fish</i>	Fromage frais or a piece of fresh fruit	<i>Milk, fruit puree</i>  <i>Allergens: Dairy</i>

