

Autumn term menu 2023

WEEK ONE

Monday - Mac & Cheese with Carrots and Peas

Allergen advice: Dairy, Celery, Soya, Gluten

Banana slices with White Chocolate Mousse

Allergen advice: Dairy

Tuesday - Sweet and Sour Red Lentil Dahl with Rice

Allergen advice: Dairy, Celery, Soya

Peach Cobbler with Custard

Allergen advice: Gluten, Dairy, Egg

Wednesday - Leek, Onion and Potato Soup

Allergen advice: Dairy, Celery, Soya

Roasted Tomato and Red Onion Tart with Spinach and Rocket

Allergen advice: Dairy, Gluten, Celery, Soya

Thursday - Tuscan Bean Stew with Green Beans and Sourdough Bread

Allergen advice: Celery, Soya

Cherry and Lemon Bake

Allergen advice: Egg, Dairy

Friday - Jacket Potato with Baked Beans, Cheese and Coleslaw

Allergen advice: Celery, Soya, Dairy, Egg

Fresh Fruit

Allergen advice: No Major Allergens

WEEK TWO

Monday - Chickpea Tamarind Stew with Couscous

Allergen advice: Celery, Soya

Chocolate Orange Cake

Allergen advice: Egg, Dairy

Tuesday - Fennel and Leek Soup

Allergen advice: Celery, Dairy, Soya

Spaghetti with Quinoa Meat(less) balls

Allergen advice: Egg, Celery, Soya, Gluten

Wednesday - Chipotle Black Bean Chili with Guacamole and Sweet Potato Wedges

Allergen advice: Celery, Soya Dairy

Spiced Berry Compote with Greek Yoghurt

Allergen advice: Dairy

Thursday -Nasi Goreng with Vegetables

Allergen advice: Celery, Soya, Egg

Coconut Sponge Pudding with Custard

Allergen advice: Dairy, Egg, Gluten

Friday - Courgette Sausages, Cheesy Mash, Gravy and Seasonal Vegetables

Allergen advice: Celery, Soya

Gluten, Egg, Dairy

Roasted Pears with Mascarpone Cream

Allergen advice: Dairy