Vegan & Gluten Free options available daily

Week One

Week Commencing Dates

commencing 2 Nov, 23 Nov, 14 Dec

AUTUMN / WINTER

REAch Eat – Fuel for School

Bread, Yoghurt, Salad Bar, Milk & Water available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE	Tomato & Basil Pasta 6,7	Mild Chicken Korma 7	Roast Chicken & Yorkshire Pudding 3,6,7 & Gravy 6	Lamb Bolognaise & Wholegrain Pasta 6	Breaded Fish Fingers 6,10 with Tomato Ketchup or Mayo Dip 3,9
VEGGIE CHOICE	BBQ Quorn 6 with Wholegrain Rice	Vegetarian Hotdog 4,5,6 with Home Baked Wedges	Sliced Braised Quorn Fillet 6 with Yorkshire Pudding 3,6,7 & Gravy 6	Pesto & Roasted Vegetable Pasta 6,7	Cheese & Tomato Pizza 6,7
LIGHTER BITE	Children's Favourite Cheese Toastie 5,6,7	Tuna Roll 4,6,10 with Carrot, Cucumber & Mixed Peppers	Jacket Potato with Baked Beans	Jacket Potato with a Tasty Vegan Bolognaise 5	Jacket Potato with Tuna & Mayo 3,9,10
SIDES	Sweetcorn & Green Beans	Wholegrain rice Tomato & Cucumber Salad	Crispy Roast Potatoes Cauliflower & Carrots	Coleslaw 3,9 & Sweet Pepper Salad	Oven Baked Chips Sweetcorn Cobs Peas or Baked Beans
DESSERT	Fruit Smoothie Plain Yoghurt 7 with Fruit Coulis Fresh Fruit	Jelly Pot, Plain Yoghurt 7 & Sliced Peaches Fresh Fruit	Fresh Fruit Platter Plain Yoghurt 7 with Fruit Coulis	Fruit Crumble 6 & Custard 7 Plain Yoghurt 7 with Fruit Coulis	Chocolate & Beetroot Brownie 3,5,6,7 Fresh Fruit & Yoghurt 7

Allergens - 1 = Peanuts. 2 = Tree Nuts. 3 = Egg. 4 = Sesame. 5 = Soya. 6 = Gluten. 7 = Milk. 8 = Celery. 9 = Mustard. 10 = Fish. 11 = Crustaceans. 12 = Molluscs. 13 = Sulphites. 14 = Lupin.