Vegan & Gluten Free options available daily

Week 2

# AUTUMN / WINTER

Insert - Week Commencing Dates

9 Nov, 30 Nov,

REAch Eat – Fuel for School

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN CHOICE | Three Cheese & Tomato Wholegrain Pasta 6.7 | Chicken Pie 6 Creamy Mash 7 & Gravy 6 | Roast Chicken with Yorkshire Pudding 3,6,7 & Gravy 6 | Oven Baked Burger 5,6,13 in a Warmed Roll 4,6 with Relish | Omega Three Fish Fingers 6,10 with Tomato Ketchup or Mayo 3,9 |
| VEGGIE CHOICE | Vegetarian Chilli 6,8 with Wholegrain Rice | Meat Free Meatballs 5 with Wholegrain Rice & a Tomato Sauce | Braised Quorn 6 Yorkshire Pudding 3,6,7 & Gravy 6 | Vegetable Burger 6 in a Warmed Roll 4,6 with Relish 9,13 | Quorn Dippers 6 with Tomato Ketchup or Mayo 3,9 |
| LIGHTER BITE | Soft Roll with Cheese 4,6,7 & Cucumber & Carrot sticks | Jacket Potato with Baked Beans | Sliced Egg in a Soft Roll 3,4,6 with a Side Salad | Jacket Potato with Tuna & Mayo 3,9,7 | Jacket Potato with Baked Beans |
| SIDES | Garlic Bread 5,6,7 Green Salad & Sweet Peppers | Green Beans & Sweetcorn Salad Bar | Crispy Roast Potatoes with Broccoli & Sliced Carrots | Tasty Potato Bites Mixed Salad | Ziggy Fries Peas or Baked Beans |
| DESSERT | Fresh Fruit Platter Plain Yoghurt 7 with a Fruit Coulis | Jam Sponge 3,5,6,7 & Custard 7 Fresh Fruit & Yoghurt 7 | Melon Platter Yoghurt 7 | Cookie Dough Crumble 3,6,7 & Custard 7 Fruit & Yoghurt 7 | Jelly Pot & Sliced Peaches – choose your Toppings |

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.