

AUTMNU MENU 2021 **Gluten & Dairy Free**



Week 1

Week commencing

○ 06.09.21 ○ 27.09.21 ○ 18.10.21 ○ 15.11.21 ○ 06.12.21

MONDAY

Choice 1 Chicken in Tomato & Basil Sauce
Served with Steamed Rice & Sweetcorn
Dessert Alpro Dessert

TUESDAY

Choice 1 Baked Gammon Ham
Served with Steamed Potato & Farmhouse Vegetables
Dessert Lemon Drizzle Muffin

WEDNESDAY

Choice 1 Beef Pasta Bolognaise
Served with Schar Bread, Carrots & Peas
Dessert Jelly with Fruit

THURSDAY

Choice 1 Baked Gammon Ham
Served with Roast Potatoes, Cabbage & Green Beans with Gravy
Dessert Apple Muffin

FRIDAY

Choice 1 Breaded Fish Fingers
Served with Chips & Baked Beans
Dessert Alpro Dessert

Week 2

Week commencing

○ 13.09.21 ○ 04.10.21 ○ 01.11.21 ○ 22.11.21 ○ 13.12.21

MONDAY

Choice 1 Baked Gammon Ham
Served with Baked Jacket Potato Wedges & Baked Beans
Dessert Alpro Dessert

TUESDAY

Choice 1 Chicken & Bacon Pasta Bake
Served with Schar Garlic Bread & Mixed Vegetables
Dessert Sultana Cookie

WEDNESDAY

Choice 1 Savoury Minced Beef & Vegetables
Served with Layered Potatoes & Farmhouse Vegetables
Dessert Fruit Muffin

THURSDAY

Choice 1 Roasted Vegetables in Tomato Sauce (v)
Served with Wholegrain Steamed Rice, Sweetcorn & Green Beans
Dessert Chocolate Cookie 

FRIDAY

Choice 1 Breaded Fish Cake
Served with Chips, Peas & Tomato Ketchup
Dessert Jelly with Fruit

Week 3

Week commencing

○ 20.09.21 ○ 11.10.21 ○ 08.11.21 ○ 29.11.21

MONDAY

Choice 1 Braised Chicken
Served with Baked Jacket Wedges & Baked Beans
Dessert Alpro Dessert

TUESDAY

Choice 1 Beef Pasta Bolognaise
Served with Schar Garlic Bread & Carrots & Green Beans
Dessert Jelly & Fruit Salad

WEDNESDAY

Choice 1 BBQ Style Chicken & Vegetables
Served with Steamed Vegetable Rice
Dessert Pear & Ginger Muffin

THURSDAY

Choice 1 Roast Beef & Gravy
Served with Roast Potatoes, Broccoli & Cauliflower
Dessert Cherry Cookie

FRIDAY

Choice 1 Breaded Fish Fingers
Served with Chips, Peas & Tomato Ketchup
Dessert Alpro Dessert



Fresh drinking water & wholemeal bread are available daily.



Fresh fruit is offered as an alternative to the dessert option.



 Plant based Eating Day

A Jacket Potato with Baked Beans and Side Salad is available daily, as an alternative to the main meal. Fresh drinking water & Schar bread are available daily. Fresh fruit is offered as an alternative to the dessert option.

Should your child have a medically diagnosed dietary requirement which cannot be met by this menu please contact our office on 01278 427171. We will be happy to discuss your child's specific requirements and create a menu suitable for their dietary needs.

