

School Menu Week 3 — Autumn 2018 - WC 8th October

Monday	Tuesday	Wednesday	Thursday	Friday
Penne Pasta Bolognaise, wholemeal Pasta <b>(gluten)</b> or Quorn Mince Penne Pasta <b>(barley, egg)</b>	Jacket Potatoes with a Choice of toppings  Mild Chicken Curry Beaked Beans, Tuna <b>(fish)</b> & Cheese <b>(milk)</b>	Roast Chicken & Yorkshire Pudding <b>(milk, egg, gluten)</b>  or Quorn Fillet <b>(egg)</b> in Gluten Free Gravy Yorkshire Pudding <b>(milk, egg)</b>	Omega 3 Fish Fingers <b>(gluten)</b>  or Veggie Nuggets <b>(egg)</b>	Hot Sausage Rolls <b>(gluten)</b>  Or Quesadillas <b>(gluten)</b>
Garlic Bread <b>(milk, gluten)</b> Salad Bar <b>(egg)</b>	Salad Bar Cucumber, lettuce, Pasta, coleslaw <b>(egg)</b> , veg rice, carrots, tomatoes,	Seasonal Fresh Vegetable Roast Potatoes	Crispy Cube Potatoes Salad Bar <b>(egg)</b>	Chips, Baked Beans or Salad Bar <b>(egg)</b>
Oven baked jacket potato topped with cheese <b>(milk)</b> beans or tuna <b>(fish)</b>	sweetcorn, silver skin onions, gherkins, Boiled eggs Beetroot, peppers.	<b>NO JACKETS</b>	Wrap with Ham or Cheese fillings <b>(gluten, milk)</b>	<b>NO JACKETS</b>
Fresh Fruit Pots with Granola <b>(oats, wheat, barley)</b> or Müller Fruit Corner Yoghurt <b>(milk)</b> Soya Yoghurt available	Chocolate Brownie with Orange Slice <b>(gluten, egg)</b> or Müller Fruit Corner Yoghurt <b>(milk)</b> Soya Yoghurt available	Fresh Fruit Jelly & Ice Cream Pots <b>(milk)</b> or Müller Fruit Corner Yoghurt <b>(milk)</b> Soya Yoghurts available	Mango & Banana Fruit Muffins <b>(egg, milk)</b> or Müller Fruit Corner Yoghurt <b>(milk)</b> Soya Yoghurts available	Vanilla Ice - Cream Pots <b>(milk)</b> or Müller Fruit Corner Yoghurt <b>(milk)</b> Soya Yoghurts available

Gluten, dairy and lactose free alternatives are available daily.