**Autumn 2021-2022 Menu** | Lunch time | Start date: 06 September 2021 - End date: 19 December 2021

Week commencing 06 September 2021 (Cycle week 1)

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| **Main Meal** |
| Chicken & Vegetable Curry (GF), Rice & Naan Bread (Contains Gluten in Naan Bread) | Pepperoni Pizza Spicy Wedges & Sweetcorn Contains Dairy & Gluten (Pre Order Gluten Free) | Roast Pork, Roast Potatoes & Seasonal Veg Gluten Free | Cottage Pie with Vegetable Medley Gluten & Dairy Free | Battered Fish, Chips & Peas Contains Gluten (Pre Order Gluten Free |
| Ratatouille Crumble & Mixed Veg Contains gluten (V) Contains Gluten | Cheese & Spinach Quiche Spicy Wedges & Sweetcorn (V) Contains Gluten, Dairy & Eggs | Quorn Sausages, Roast Potatoes & Seasonal Veg (V) Contains Gluten &Dairy | Vegetarian Lasagne (V) Contains Gluten & Dairy | Quorn Fajitas (V) Contains Gluten & Dairy |
| Jacket Potato Tuna Mayo Contains Eggs, mustard and fish | Jacket Potato Veggie Chilli (V) | Jacket Potato Cheese & Red Onion Contains Dairy & Onion | Jacket Potato Baked Beans (V) | Jacket Potato Garlic Mushrooms (V) |
| - | - | - | - | - |
| **Dessert** |
| Strawberry Mousse Contains Dairy | Cookie Contains Gluten | Chocolate & Beetroot Cake Contains Gluten & Eggs | Fruit Flapjacks Contains Gluten | Ice-cream Contains Dairy |
| Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad |
| Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy |

Week commencing 13 September 2021 (Cycle week 2)

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| **Main Meal** |
| Spaghetti Bolognese with Garlic Bread, Green Beans Contains Gluten | Cheese & Tomato Pizza with Potato Wedges & Sweetcorn (V) Contains Gluten & Dairy (Pre Order Gluten Free) | Roast Turkey with Roast Potatoes & Seasonal Veg Gluten Free | BBQ Chicken with Rice & Carrots Gluten Free | Beef Burger in a Bun with Chips & Peas Contains Gluten |
| Tuna Pasta Bake with Garlic Bread, Green Beans Contains Gluten, Fish & Dairy | Sweet Potato Pakora (V) | Cheese & Tomato Pinwheel (V) Contains Gluten & Dairy | Chilli Bean Quesadillas (V) Contains Gluten & Dairy | Frittata with Chips & Peas (V) Gluten Free Contains Eggs |
| Jacket Potato Cheese (V) Contains Dairy | Jacket Potato Baked Beans (V) | Jacket Potato Tuna Mayo Contains Eggs, Mustard and Fish | Jacket Potato Coleslaw Contains Eggs & Mustard | Jacket Potato Veggie Curry V |
| - | - | - | - | Fish Fingers with Chips & Peas Contains Gluten |
| **Dessert** |
| Cherry Shortbread Contains Gluten | Peaches and Jelly (V) | Iced Buns Contains Gluten | Ginger Cake with Custard Contains Gluten, Eggs & Dairy | Ice-cream Contains Dairy |
| Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad |
| Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy |

Week commencing 20 September 2021 (Cycle week 3)

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| **Main Meal** |
| Sausages with Herby Potatoes, Broccoli & Cauliflower Contains Gluten | Ham & Pineapple Pizza Contains Gluten & Dairy (Pre Order Gluten Free) | Roast Chicken with Roast Potatoes & Seasonal Veg Gluten Free | Beef Lasagne with Garlic Bread & Coleslaw Contains Gluten, Eggs, Mustard & Dairy | Fish Fingers with Chips & Peas Contains Gluten (Pre Order Gluten Free) |
| Macaroni Cheese (V) Contains Gluten & Dairy | Vegetarian Sausage Roll (Vegan) Contains Gluten | Cheese & Broccoli Quiche with Roast Potatoes & Seasonal Veg (V) Contains Gluten, Dairy & Eggs | Vegetable Bolognese with Garlic Bread & Coleslaw (Vegan) Contains Gluten, Eggs & Mustard | Veggie Burger with Chips & Peas (Vegan) Contains Gluten |
| Jacket Potato Baked Beans (V) | Jacket Potato Cheese & Roasted Peppers (V) Contains Dairy | Jacket Potato Tuna Mayo Contains Eggs, Fish and Mustard | Jacket Potato Chicken Tikka | Jacket Potato Beef Chilli |
| - | - | - | - | - |
| **Dessert** |
| Carrot Cake Contains Gluten & Eggs | Oaty Apricot Cookie Gluten free | Jam & Coconut Sponge with Custard Contains Gluten, Dairy & Eggs | Orange & Mandarin Jelly (V) | Ice-cream Contains Dairy |
| Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad |
| Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy | Yoghurt Contains Dairy |