

Week 1	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce served with baby carrots Contain: (Gluten, Celery) Butternut squash + Parsnip Yogurt and Mango Pulp Contain: (Dairy)	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: (Eggs, Dairy, Soya, Gluten, Mustard, Celery) Peas + Turnip Caramelised Pear tart Contain: (Gluten)
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Baked potato served with chilli con carne and grated cheese Contain: (Celery, Dairy) Broccoli + Swede Banana and Date Flapjack Contain: (Gluten, Dairy)	Spiced pumpkin and red pepper soup served with butternut squash bread contain: (Gluten, Celery, Dairy) Carrot + Cauliflower Tropical fruit salad
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Ultimate Chicken Cobbler with seasonal root vegetables and green beans, served with steamed baby corn contain: (Celery, Gluten) Courgette + sweetcorn Strawberry Panacotta Contain: (Dairy)	Homemade sausage rolls served with homemade baked beans Contain: (Gluten, Eggs, Sulphites) Butternut squash + Parsnip Homemade pancakes and sliced banana Contain: (Gluten, Eggs, Dairy)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef, sweet potato curry served with homemade Carrot bread Contain: (Gluten, Celery, Dairy, Mustard) Sweet Potato + Marrow Tropical fruit salad	Macaroni cheese with roasted vegetables Contain: (Gluten, Dairy) Parsnip + Peas Cranberry and apricot oat cookie contain: (Gluten, Eggs)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Fish pie with leeks and peas served with steamed broccoli contain: (Dairy, Gluten, Fish) Carrot + Broccoli Custard and white chocolate biscuit Contain: (Gluten, Dairy, Egg)	Stuffed Yorkshire pudding with spanish chicken and mixed vegetables served with Homemade baked beans contain: (Gluten, Eggs, Dairy) Green Beans + Butternut Squash Seasonal fruit platter

Autumn/winter Menu
2020/2021



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Vegetarian and all dietaries
available
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Week 2	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Chilli con carne served with steamed rice and peas & sweetcorn Contain: (Celery)</p> <p>Broccoli + Peas</p> <p>Greek style yogurt with strawberry blend Contain: (Dairy)</p>	<p>Cauliflower cheese Soup served with homemade bread Contain: (Celery, Gluten, Dairy)</p> <p>Swede + Carrots</p> <p>Seasonal Fruit Platter</p>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Golden Shepherd's pie with grated courgette and butternut squash served with steamed broccoli Contain: (Celery)</p> <p>Butternut squash + Parsnip</p> <p>Banana and blueberry oat muffins Contain: (Gluten, Egg, Dairy)</p>	<p>Cod Fingers served with homemade baked beans Contain: (Gluten, Fish)</p> <p>Sweet potato + cauliflower</p> <p>Lemon and ginger shortbread Contain: (Gluten, dairy)</p>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Beef stew with winter root vegetables and herby dumplings, served with steamed babycorn Contain: (Gluten, celery)</p> <p>Beans + Carrots</p> <p>Tropical Fruit Salad</p>	<p>Stuffed Yorkshire pudding with chicken, cheese and sweetcorn served with red pepper and apple slaw contain: (Gluten, Eggs, Dairy, Mustard)</p> <p>Parsnip + Courgette</p> <p>Banana Flapjack Contain: (Dairy, Gluten)</p>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Lightly herbed sausages with mash potatoes, steamed vegetables and homemade gravy Contain: (Dairy, Gluten, Sulphites)</p> <p>Cauliflower + Potato</p> <p>Apricot and rhubarb crumble Contain: (Dairy, Gluten)</p>	<p>Homemade cheese bread with butternut squash, served with baked beans and sliced cucumber Contain: (Dairy, gluten)</p> <p>Sweetcorn + butternut squash</p> <p>Homemade raspberry yogurt Contain: (Dairy)</p>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Spaghetti served with roasted cod, tomato, fennel and coriander sauce and sliced green beans Contain: Gluten, Celery, Fish)</p> <p>Peas + sweetcorn</p> <p>Spiced Carrot Cake Contain: (Dairy, Gluten, Eggs)</p>	<p>Wholemeal sandwich selection with chicken cheese and cucumber + Egg mayo and vegetable sticks Contain: (Dairy, gluten, Soya, Egg)</p> <p>Sweet potato + Parsnip</p> <p>Fresh fruit salad</p>

Week 3	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef lasagne with shredded squash and courgette served with Steamed Broccoli contain: (Celery, Dairy, Gluten) Butternut squash + Parsnip Beetroot and chocolate Cake Contain: (Gluten, Dairy, Egg)	Spiced Thai carrot, red pepper and coconut soup served with Homemade crusty bread <i>Contain: (Celery, Dairy, Gluten)</i> Broccoli + carrots <i>Seasonal fruit platter</i>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Roasted chicken served with roasted potatoes , gravy + peas and sweetcorn Courgette + sweet potato Fruity Flapjack Contain: (Gluten, Dairy)	Carrot and courgette scones served with homemade baked beans and crudites <i>Contain: (Gluten, Dairy)</i> Swede + Parsnip Strawberry Jelly
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Bowtie pasta served with roasted spring/summer vegetables in a sweet potato and red pepper sauce +Babycorn Contain: (Celery, Dairy, Gluten) Carrot + cauliflower Fresh Fruit salad	Muffin Pizza topped with mixed vegetables served with tangy apple slaw <i>Contain: (Celery, dairy, soya, gluten, Egg, Mustard)</i> Potato + sweetcorn Banana oatmeal pancake with homemade strawberry and lime coulis <i>Contain: (Dairy, Eggs, Milk)</i>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Pork and Apple stew served with mash potatoes and steamed broccoli contain: (Celery, Dairy) Sweet potato + Broccoli Yogurt and mango pulp contain: (Dairy)	Seaside Carbonara with salmon and grated courgette <i>Contain: (Dairy, Gluten, Fish)</i> Butternut squash + white beans <i>Lemon drizzle cake</i>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Moroccan lamb stew with steamed rice and Baby carrots contain: (Celery) Parsnip + Peas Passion Fruit cheesecake contain: (Gluten, dairy,)	Chicken rolls served with homemade baked beans contain: (Gluten, Sulphites, Eggs) Carrots + Potato Seasonal fruit platter

Week 4	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Spaghetti with mighty bulgur wheat and beef meatballs + hidden vegetables, served with steamed carrots contains: (Gluten, Celery) Swede + Carrots Coconut flapjack Contain: (Gluten, Dairy,)	Chicken and chive patties served with baked beans Contain: (Dairy, gluten) Broccoli + Peas Homemade berry yogurt Contain: (Dairy)
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lamb stroganoff served with infused rice and steamed Broccoli contain: (Gluten, dairy) Sweet potato + cauliflower Fresh fruit salad	Wholemeal sandwich selection with ham, cheese and cucumber +Egg mayo vegetable sticks Contain: (Dairy, gluten, Soya, Egg) Butternut squash + Parsnip Choc chip cookies Contain: (Dairy, Eggs, Gluten)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Creamy Ham, leek and mushroom pasta bake served with babycorn contain: (Gluten, dairy) Parsnip + Courgette Fruit of the forest crumble contains: (Dairy, Gluten)	Fish & oven baked chips served with mushy peas contain: (Fish, Gluten) Beans + Carrots Seasonal fruit platter
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Aromatic Sweet chicken Korma served with spiced rice Contain: (Celery, Mustard) Sweetcorn + butternut squash Pear and blackberry frozen yogurt Contain: (Dairy)	Potato leek and courgette Soup served with sundried tomato and olive Crusty bread contain: (Celery, Dairy, Gluten) Cauliflower + Potato Cranberry and raisin oat muffins Contain: (Gluten, Dairy, Egg)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Tuna Pasta Bake with peas & sweetcorn contain: (Gluten, dairy, Fish) Sweet potato + Parsnip Fresh Fruit salad	Homemade cheese bread with butternut squash, served with baked beans and sliced cucumber Contain: (Dairy, gluten) Peas + sweetcorn Pumpkin and Oat chocolate cookies Contain: (Gluten, Dairy)

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