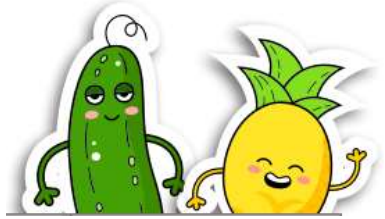


Autumn/Spring Term Menu



Week 1 week commencing – 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Garlic Bread and vegetables ***Contains: Gluten, Dairy*** ***May Contain: Soya***	Sweet & Sour Chicken served with Rice & Vegetables	Beef Burger in a Bun served with Cubed Potatoes, Baked Beans or Hoops ***Contains: Gluten, SO2, Soya, Mustard*** ***May Contain: Sesame***	Roast Gammon served with Yorkshire Pudding, New Potatoes, Vegetables & Gravy ***Contains: Dairy, Egg, Gluten***	Fish Fingers served with Oven Chips & Baked Beans or Garden Peas ***Contains: Gluten, Fish***
Option 2	Lentil & Vegetable Tomato Pasta served with Garlic Bread and Vegetables ***Contains: Gluten, Dairy*** ***May Contain: Soya***	Sweet & Sour Quorn served with Rice & Vegetables	Vegi burger in a Bun served with Cubed Potatoes, Baked Beans or Hoops ***Contains: Gluten*** ***May Contain: Sesame, Dairy***	Caramelised Onion, Tomato and Cheese Tart served with New Potatoes, Vegetables & Gravy ***Contains: Dairy, Gluten*** ***May Contain: Lupin, Mustard, Soya***	Salmon Fish Cake served with Oven Chips & Baked Beans or Garden Peas ***Contains: Gluten, Fish***
Desserts	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread ***Contains: Gluten*** ***May Contain: Soya***	Freshly Cut Fruit or Organic Fruit Yoghurt ***Contains: Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt or St Clements Cake & Custard ***Contains: Dairy, Egg, Gluten*** ***May Contain: Soya***	Freshly Cut Fruit or Organic Fruit Yoghurt ***Contains: Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt or Mousse ***Contains: Dairy***

Also available daily – Jacket Potatoes with choice of fillings, fresh wholemeal bread; choices of salad
(Jacket potato fillings contains: Fish, Egg, Dairy Bread contains : Wheat, Soya)



Autumn/Spring Term Menu



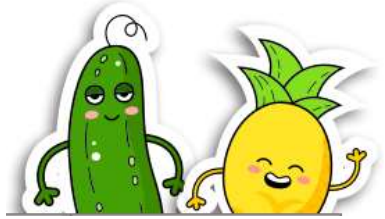
Week 2 week commencing – 9th Nov, 30th Nov, 5th Jan, 25th Jan, 22nd Feb, 15th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausage & Tomato Pasta Bake served with vegetables ***Contains: SO2, Gluten***	Mild Chicken Curry served with Naan Bread, Rice & Vegetables ***Contains: Gluten*** ***May Contain: Soya***	Cheese & Ham Whirl served with New Potatoes & Vegetables ***Contains: Gluten, Dairy*** ***May Contain: Lupin, Mustard, Soya***	Roast Chicken served with Roast Potatoes, Yorkshire Pudding, Vegetables & Gravy ***Contains: Dairy, Egg, Gluten***	Battered Fish served with Oven Chips & Baked Beans or Garden Peas ***Contains: Gluten, Fish***
Option 2	Quorn & Tomato Pasta Bake served with vegetables ***Contains: Gluten, Dairy***	Sweet Potato & Spinach Dahl served with Naan Bread, Rice & Vegetables ***Contains: Gluten*** ***May Contain: Soya***	Cheese Whirl served with New Potatoes & Vegetables ***Contains: Gluten, Dairy*** ***May Contain: Lupin, Mustard, Soya***	Roast Quorn served with Roast Potatoes, Yorkshire Pudding, Vegetables & Gravy ***Contains: Dairy, Egg, Gluten***	Vegi Nuggets served with Oven Chips & Garden Peas ***Contains: Gluten***
Desserts	Freshly Cut Fruit or Organic Fruit Yoghurt or Oat Biscuit ***Contains: Gluten, Dairy*** ***May Contain: Soya***	Freshly Cut Fruit or Organic Fruit Yoghurt ***Contains: Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt or Krispie Cake ***Contains: Gluten, Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt ***Contains: Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt Or Fruit Jelly ***Contains: Dairy***

Also available daily – Jacket Potatoes with choice of fillings, fresh wholemeal bread; choices of salad
(Jacket potato fillings contains: Fish, Egg, Dairy Bread contains : Wheat, Soya)



Autumn/Spring Term Menu



Week 3 week commencing – 16th Nov, 7th Dec, 11th Jan, 1st Feb, 1st Mar, 22nd Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti Bolognaise served with Garlic Bread and vegetables ***Contains: Gluten*** ***May Contain: Soya, Dairy***	Pepperoni Pizza served with Cubed Potatoes & Vegetables ***Contains: Gluten, Dairy***	Sticky Chicken served with Rice & Vegetables ***Contains: Soya***	Cottage Pie served with Vegetables	Fish Fingers served with Oven Chips & Garden Peas ***Contains: Gluten, Fish***
Option 2	Vegetarian Meatballs & Spaghetti served with Garlic Bread and vegetables ***Contains: Gluten, Soya*** ***May Contain: Dairy***	Cheese and Tomato Pizza served with Cubed Potatoes & Vegetables ***Contains: Gluten, Dairy***	Chinese Quorn served with Rice & Vegetables ***Contains: Gluten***	Quorn Cottage Pie served with Vegetables ***Contains: Egg***	Cheese Omelette served with Oven Chips & Garden Peas ***Contains: Egg, Dairy***
Desserts	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread ***Contains: Gluten, Dairy*** ***May Contain: Soya***	Freshly Cut Fruit or Organic Fruit Yoghurt ***Contains: Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Cake ***Contains: Dairy, Egg, Gluten*** ***May Contain: Soya***	Freshly Cut Fruit or Organic Fruit Yoghurt ***Contains: Dairy***	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream ***Contains: Dairy, Soya***

Also available daily – Jacket Potatoes with choice of fillings, fresh wholemeal bread; choices of salad
(Jacket potato fillings contains: Fish, Egg, Dairy Bread contains : Wheat, Soya)