



# Autumn Term Menu

|        | Meat-free Monday                                                                                  | Tuesday                                                                                                        | Wednesday                                                                                                | Thursday                                                                                                                                         | Friday                                                                                                       |
|--------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Week 1 | Tomato and basil pasta <b>V</b> with garlic bread and side salad<br>or<br>Cheese / tuna baguette  | Pitta bread pizza with cheese <b>V</b> or ham with potato wedges and side salad<br>or<br>Cheese / ham baguette | Roast chicken or Quorn fillet <b>V</b> with roast potatoes, veg and gravy<br>or<br>Cheese / ham baguette | Cheesy ham and broccoli pasta or cheesy broccoli pasta <b>V</b><br>or<br>Cheese / ham baguette<br>or<br>Jacket potato with cheese / beans / tuna | Sausage or Quorn sausage <b>V</b> with chips and beans<br>or<br>Cheese / ham / tuna baguette                 |
|        | Fruit & yoghurt                                                                                   | Fruit & yoghurt                                                                                                | Fruit & yoghurt                                                                                          | Fruit & yoghurt                                                                                                                                  | Baked treat                                                                                                  |
| Week 2 | Cheese and tomato pasta <b>V</b> with garlic bread and side salad<br>or<br>Cheese / tuna baguette | Fish fingers or veggie fingers <b>V</b> with chips, peas and sweetcorn<br>or<br>Cheese / ham baguette          | Sausage roast or Quorn sausage roast <b>V</b><br>or<br>Cheese / ham baguette                             | Sweet and sour chicken or Quorn fillet <b>V</b> with rice<br>or<br>Cheese / ham baguette<br>or<br>Jacket potato with cheese / beans / tuna       | Chicken nuggets or Quorn nuggets <b>V</b> with potato wedges and beans<br>or<br>Cheese / ham / tuna baguette |
|        | Fruit & yoghurt                                                                                   | Fruit & yoghurt                                                                                                | Fruit & yoghurt                                                                                          | Fruit & yoghurt                                                                                                                                  | Baked treat                                                                                                  |
|        |                                                                                                   |                                                                                                                |                                                                                                          |                                                                                                                                                  |                                                                                                              |