






























































































Autumn/Winter Menu

SECAT

















































Week commencing: 01/01, 22/01, 12/02, 11/03

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Meat	Smoked salmon mac & cheese with broccoli     	Sausage roll, potato smiles with carrots or baked beans   	Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H)   	Chicken korma curry with rice & sweetcorn (H) 	Gluten free battered fish & chips with beans or peas 	 GLUTEN
	Vegetarian /Vegan	Mac & cheese with broccoli     	Cheese & onion pasty, potato smiles with carrots or baked beans   	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy   	Chickpea & vegetable korma curry with rice & sweetcorn 	Vegan fishless fish finger & chips with beans or peas  	 SOYA
	Jacket potato	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	 EGGS
	Dessert	Frozen yogurt 	Shortbread  	Jelly	Fruit cocktail & whipped cream 	Ice cream sponge roll     	 MILK

Week commencing: 08/01, 29/01, 26/02, 18/03

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Meat	Cheese & tomato pizza with sweetcorn  	Battered chicken chunks with rice & peas  	Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H)   	Spaghetti bolognese with carrots (H) 	All day breakfast  	 WHEAT
	Vegetarian /Vegan	Tomato pasta bake with sweetcorn 	Vegetable nuggets with rice & peas  	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy   	Quorn spaghetti bolognese with carrots 	Vegetarian all day breakfast   	 SULPHITES
	Jacket potato	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	 DAIRY
	Dessert	Frozen smoothie 	Shortbread  	Jelly	Cherry sponge with custard     	Frozen mousse 	 FISH

Week commencing: 15/01, 05/02, 04/03, 25/03

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Meat	Tomato tuna pasta bake with sweetcorn  	Soft taco with chilli con carne, rice & carrots (H)  	Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H)    	Sausages with new potatoes, peas & gravy   	Halal battered chicken nuggets & potato smiles with beans or peas (H)  	 SESAME
	Vegetarian/Vegan	Tomato pasta bake with sweetcorn 	Soft taco with Quorn mince Chilli con carne, rice & carrots  	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy    	Vegan Quorn sausage with new potatoes, peas & gravy 	Quorn vegan nuggets & potato smiles with beans or peas  	 LUPIN
	Jacket potato	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	 CELERY
	Dessert	Frozen yogurt 	Lemon sponge     	Jelly 	Fruit crumble with custard   	Raspberry ripple ice cream pot 	 NUTS

We are nut free schools

A selection of fresh fruit, salad, bread and yogurts available daily.

For information regarding allergens and dietary needs, please speak to the school office.