

# Primary School

## Autumn Winter Menu Week 1

# Feed

@ SIGNATURE EDUCATION

**Week Beginning: 07/11 - 28/11 - 19/12 - 09/01/23 - 30/01 - 20/02 - 13/03 - 03/04**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Crispy Fish Fingers <b>(C, F, G)</b> Chips <b>(So)</b> Baked Beans <b>(Mu)</b>	Beef Bolognaise <b>(So)</b> Penne Pasta <b>(G, So)</b>	Roast Turkey & Gravy <b>(G)</b> Roast New Potatoes <b>(So)</b>	Chicken Meatballs <b>(E, G)</b> In Tomato Sauce <b>(So)</b> Wholemeal Rice	Quorn Chilli <b>(E, G, So)</b> Rice
<b>Vegetarian Main Course</b>	Vegetable Grill <b>(G, So)</b> Chips <b>(So)</b> Baked Beans <b>(Mu)</b>	Vegetable Meatballs <b>(E, G)</b> In Tomato Sauce <b>(So)</b> Penne Pasta <b>(G, So)</b>	Vegetable Nuggets <b>(E, G)</b> Roast New Potatoes <b>(So)</b>	Vegetable Tagine <b>(So)</b> Wholemeal Rice	Felafel <b>(G, So)</b> Tomato Sauce <b>(So)</b> Rice
<b>Vegetables</b>	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetable Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>Dessert</b>	Sliced Melon	Chocolate Chip Sponge Cake <b>(E, G, So)</b>	Fruit Salad	Lemon Cake <b>(E, G, So)</b> Custard <b>(So)</b>	Fresh Fruit Friday
<b>Available Daily</b>	Fresh Bread <b>(G)</b> , Whole Fresh Fruit, Drinking Water				

### ALLERGENS

C - Celery

F - Fish

L-Lupin

Mu- Mustard

Se- Sesame

Cr - Crustaceans

G -Cereals

Mk - Milk

N- Nuts

So - Soya

E - Eggs

containing gluten

Mo - Molluscs

P - Peanuts

Su- Sulphur Dioxide

# Primary School

## Autumn Winter Menu Week 2



**Week Beginning: 14/11 - 05/12 - 26-12 - 16/01/23 - 06/02 - 27/02 -13/03 --10/04**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Crispy Fish Fingers <b>(C, F, G)</b> Chips <b>(So)</b> Baked Beans <b>(Mu)</b>	Sweet & Sour Chicken <b>(G, So, Su)</b> Rice	Roast Chicken & Gravy <b>(G, So)</b> Roast Potatoes <b>(So)</b>	Beef Bolognaise <b>(So)</b> Spaghetti <b>(G, So)</b>	Vegetable Schnitzel <b>(E, G, So)</b> Tomato Sauce <b>(So)</b> Penne Pasta <b>(G)</b>
<b>Vegetarian Main Course</b>	Quorn, Tomato & Basil Sauce <b>(E, G, So)</b> Penne Pasta <b>(G, So)</b>	Spinach Bourekas <b>(G)</b>	Vegetable Nuggets <b>(E, G)</b> Roast Potatoes <b>(So)</b>	Quorn Bolognaise <b>(E, G, So)</b> Spaghetti <b>(G, So)</b>	Stir Fry Vegetables <b>(So)</b> Noodles <b>(G)</b>
<b>Vegetables</b>	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>Dessert</b>	Pineapple Rings	Apple Cake <b>(E, G, So)</b>	Fruit Salad	Chocolate Cake <b>(E, G, So)</b> Custard <b>(So)</b>	Fresh Fruit Friday
<b>Available Daily</b>	Fresh Bread <b>(G)</b> , Whole Fresh Fruit, Drinking Water				

### ALLERGENS

C - Celery	F - Fish	L-Lupin	Mu- Mustard	Se- Sesame
Cr - Crustaceans	G -Cereals containing gluten	Mk - Milk	N- Nuts	So - Soya
E - Eggs		Mo - Molluscs	P - Peanuts	Su- Sulphur Dioxide

# Primary School

## Autumn Winter Menu Week 3

# Feed

@ SIGNATURE EDUCATION

**Week Beginning: 21/11 - 12/12 - 02/01/23 - 23/01 - 13/02 - 06/03 - 20/03 - 10/04**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Crispy Fish Fingers (C, F, G) Chips (So) Baked Beans (Mu)	Cottage Pie (G, So) With veg of the day Gravy (G)	Roast Turkey & Gravy (G) Roast New Potatoes (So)	Turkey Shawarma (So, Mu) Jewelled Vegetable Couscous	Quorn Bolognaise (E, G, So) Pasta (G, So)
<b>Vegetarian Main Course</b>	Vegetable Tagine (So) Rice	Lentil & Bean Casserole (So) Boiled New Potatoes (So)	Vegetable Nuggets (E, G, So) Roast New Potatoes (So)	Felafel (G, So) Jewelled Vegetable Couscous	Vegetable Biryani (Mu, So)
<b>Vegetables</b>	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
<b>Dessert</b>	Sliced Melon	Fruit Cake (E, G, So)	Fruit Salad	Apple Crumble (G, So) Custard (So)	Fresh Fruit Friday
<b>Available Daily</b>	Fresh Bread (G), Whole Fresh Fruit, Drinking Water				

### ALLERGENS

C - Celery

Cr - Crustaceans

E - Eggs

F - Fish

G - Cereals  
containing gluten

L - Lupin

Mk - Milk

Mo - Molluscs

Mu - Mustard

N - Nuts

P - Peanuts

Se - Sesame

So - Soya

Su - Sulphur Dioxide