

Autumn Term Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Tuna melt sandwich	Tomato and mozzarella quesadillas	Mushroom and lentil Bolognese	Aubergine gratin	Hot dogs
Carbs	New potatoes	Quinoa	Pasta	Brown rice	Roast Potatoes
Veg	Broccoli	Sweet corn salsa	Spinach	Zucchini	Tomato and red onion salad
Gluten Free	Tuna melt sandwich	Tomato and mozzarella quesadillas	Mushroom and lentil Bolognese	Aubergine gratin	Hot dogs
Salad	Selection of cut vegetables and salad	Selection of cut vegetables and salad	Selection of cut vegetables and salad	Selection of cut vegetables and salad	Selection of cut vegetables and salad
Dessert	Seasonal Fruit & Yogurt	Seasonal Fruit & Yogurt	Seasonal Fruit & Yogurt	Seasonal Fruit & Yogurt	Seasonal Fruit & Yogurt
Allergens	Gluten, Fish, Mustard,Egg	Gluten, Dairy	Gluten	Gluten, Dairy	Gluten