

**Autumn Term Menu - Week 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chilli con veggie	Tuna Muffins	Green pea burgers	Asian stir fry noodles with crispy tofu	Salmon fish cake OR Judy's jacket potato (only on last Friday of each month)
Carbs	Bulgur	New Potato	Roast potatoes	Noodles	Quinoa
Veg	Green beans	Broccoli Cheese Crisps	Coleslaw	Asian Cabbage Salad	Cumin carrots
Gluten Free	Chilli con veggie	Tuna Muffins	Green pea burgers	Asian stir fry noodles	Salmon fish cake
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	Dairy, Fish	None	Gluten, Egg, Soya	Fish, Mustard