

Menu

Week 1

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Choice 1 HAPPY TUMS	Margherita Pizza (G,E,Mk) (Vegan and Gluten Free Pizza Available)	Mild Chicken Curry	Chicken sausages and gravy (G,Su)	Coombe Hill Pasta Bar - Beef Bolognese (G)	Baked Fish Fingers with Lemon Wedges (G,F)
Choice 2 MEAT FREE	Jacket Potato with Baked Beans and Cheese (Mk)	Mild Vegetable Curry	Jacket Potato with Baked Beans, Cheese (Mk) or Tuna Mayonnaise (E,F)	Pasta with Cheese sauce (Mk,G), or Tomato sauce (G)	Breaded Vegetable Bake (G)
Veg EXTRA GOOD	Peas Sweetcorn	Roasted Cauliflower Peas	Carrots Green Beans	A Selection of Salads, Grated Cheese and Olives	Garden peas Baked beans
Carbs EXTRA FILLING	Potato Wedges	Brown Rice	Mashed potato (Mk)	Freshly Made Garlic Bread (G)	Baked oven chips
Dessert SWEET TREAT	Fresh Fruit or Yoghurts (Mk,So)	Eve's Pudding with Custard (G,Mk,E)	Fruit Jelly	Apple and Sultana Flapjack (Gluten free)	Fresh Fruit or Yoghurts (Mk,So)

Salad bar and fresh fruit available daily.



BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
December

Dates

Week Commencing:
2nd Sept, 23rd Sept, 14th Oct,
11th Nov and 2nd Dec












Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soya
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Menu

Week 2

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Choice 1 HAPPY TUMS	Sweet and Sour Veg (G, So) 	Creamy chicken and sweetcorn pie with puff pastry (Mk,G) 	Roast Chicken 	Coombe Hill Pasta Bar - Beef Bolognese (G) 	Battered Pollock, Lemon and Tartare Sauce (G,F,Su,E)
Choice 2 MEAT FREE	Jacket Potato with Baked Beans and Cheese (Mk)	Vegetable Casserole (So,Ce) 	Jacket Potato with Baked Beans, Cheese (Mk) or Tuna Mayonnaise (E,F)	Pasta with Cheese sauce (Mk,G), or Tomato sauce (G)	Vegetarian Sausage Roll (G,So) 
Veg  EXTRA GOOD	Broccoli Sweetcorn	Peas	Carrots Green Beans	A Selection of Salads, Grated Cheese and Olives	Peas Baked Beans
Carbs  EXTRA FILLING	Steamed Rice	Brown Rice	Potato wedges	Freshly Made Garlic Bread (G)	Baked oven chips
Dessert SWEET TREAT 	Fresh Fruit or Yoghurts (Mk,So)	Raspberry Jam Sponge pudding (G,E)	Fruit Jelly	Italian Pineapple sponge Cake (G,Mk,E)	Fresh Fruit or Yoghurts (Mk,So)

Salad bar and fresh fruit available daily.

Dates

Week Commencing:
9th Sept, 30th Sept, 21st Oct,
18th Nov and 9th Dec



Allergens









Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide



Menu

Week 3

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Choice 1 HAPPY TUMS	Mild vegetable chilli con carne (G, SO) 	Chicken Burger (G,Se,Ce) 	Roast turkey 	Coombe Hill Pasta Bar - Beef Bolognese (G) 	Baked Fish Fingers with Lemon Wedges (G,F)
Choice 2 MEAT FREE	Jacket Potato with Baked Beans and Cheese (Mk)	Veggie Burger (G,Se) 	Jacket Potato with Baked Beans, Cheese (Mk) or Tuna Mayonnaise (E,F)	Pasta with Cheese sauce (Mk,G), or Tomato sauce (G)	Mexican Bean and Vegetable Burrito (G,Mk)
Veg  EXTRA GOOD	Green Beans Carrots	Steamed Broccoli Sweetcorn	Steamed Carrots Savoy Cabbage	A Selection of Salads, Grated Cheese and Olives	Peas Baked beans
Carbs  EXTRA FILLING	Steamed Rice	Potato Wedges	Roast potatoes Sage and onion stuffing (G)	Freshly Made Garlic Bread (G)	Baked oven chips
Dessert SWEET TREAT 	Oaty Apple Crumble (Gluten free) with Custard (Mk)	Fresh Fruit or Yoghurts (Mk,So)	Fruit Jelly	Banana Bread (G,Mk,E)	Fresh Fruit or Yoghurts (Mk,So)

Salad bar and fresh fruit available daily.



BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
December

Dates

Week Commencing:
16th Sept, 7th Oct, 4th Nov,
25th Nov and 16th Dec

 = Halal
 = Vegan

Allergens

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide