

AUTUMN PRIMARY MENU

SEPTEMBER - DECEMBER

2018

WEEK 1	WEEK 2
<p>MONDAY</p> <p>MAINS: PORK AND BEEF MEATBALLS IN TOMATO SAUCE(C,C,E) OR QUORN BALLS IN TOMATO SAUCE(V,C,E,CE) SERVED WITH: PASTA(E,C) AND GARLIC BREAD(M,C,SD,SS,S) AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR MELON SLICE</p>	<p>MONDAY</p> <p>MAINS: COD BALLS(F,CR,C,M,E) OR SOUTHERN STYLE QUORN NUGGETS(V,C,E,CE) SERVED WITH: VEGETABLE RICE AND SALAD AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR MELON SLICE</p>
<p>TUESDAY</p> <p>MAINS: CHICKEN CURRY(H,M,N) OR VEGETABLE CURRY(V,M,CE,N) SERVED WITH: BRAISED RICE AND FLAT BREAD(S,SS,SD) AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR FRUIT COCKTAIL YOGHURT(SD)</p>	<p>TUESDAY</p> <p>MAINS: COTTEGE PIE(CE,M) OR CHEESE AND POTATO PIE(M) SERVED WITH: PEAS AND CARROTS AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR CHOCOLATE MOUSSE(M,E,C)</p>
<p>WEDNESDAY</p> <p>MAINS: MEAT PIZZA(M,C,S,SS,SD) OR CHEESE AND TOMATO PIZZA(V,C,S,SS,SD) SERVED WITH: WEDGES AND SLAW(E,M) AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR CAKE OF THE DAY(C,E,M)</p>	<p>WEDNESDAY</p> <p>MAINS: DELI ROLL DAY(M,C,SS,SD) – CHICKEN(H,SD,MU) OR HAM(SD) OR CHEESE(M) SERVED WITH: WEDGES AND SLAW(E,M) AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR CAKE OF THE DAY(M,E,C)</p>
<p>THURSDAY</p> <p>MAINS: CHICKEN PIE(C,CE,M,E) OR QUORN AND VEGETABLE PIE(V,C,CE,M,E) SERVED WITH: MASH POTATO(M), MIXED VEG AND GRAVY(GF) AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR MELON SLICE</p>	<p>THURSDAY</p> <p>MAINS: PORK SAUSAGE(SD,C,MU,CE) OR QUORN SAUSAGE(V,C,CE,E) SERVED WITH: MASH POTATO(M), MIXED VEG AND GRAVY(GF) AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR MELON SLICE</p>
<p>FRIDAY</p> <p>MAINS: FISH FINGERS(F,C,E,MU,M) OR CHEESE AND ONION PASTIE(C,M,E,V,MU) SERVED WITH: CHIPS AND GARDEN PEAS AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR COOKIE OF THE DAY(C,E,M)</p>	<p>FRIDAY</p> <p>MAINS: CHICKEN GOUJONS(M,E,C,MU) OR BATTERD FISH(M,E,C,MU,F) SERVED WITH: CHIPS AND GARDEN PEAS AVAILABLE DAILY: JACKET POTATO/PASTA(E,C)/BAKED BEANS(C)/SALAD DESSERTS: FRESH FRUIT/YOGHURT OR COOKIE OF THE DAY(M,E,C)</p>



ALLERGENS KEY: C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA
 MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED
 CE – CELERY SD - SULPHUR DIOXIDE V – VEGETARIAN H – HALAL GF – GLUTEN FREE

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