



Autumn/Winter Menu SECAT

Week commencing: 01/01, 22/01, 12/02, 11/03

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|---|---|--|--|
| Meat | Smoked salmon mac & cheese with broccoli | Sausage roll, potato smiles with carrots or baked beans | Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H) | Chicken korma curry with rice & sweetcorn (H) | Gluten free battered fish & chips with beans or peas |
| Vegetarian /Vegan | Mac & cheese with broccoli | Cheese & onion pasty, potato smiles with carrots or baked beans | Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy | Chickpea & vegetable korma curry with rice & sweetcorn | Vegan fishless fish finger & chips with beans or peas |
| Jacket potato | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo |
| Dessert | Frozen yogurt | Shortbread | Jelly | Fruit cocktail & whipped cream | Ice cream sponge roll |

- GLUTEN
- SOYA
- EGGS
- MILK

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|--|---|--|--|
| Meat | Cheese & tomato pizza with sweetcorn | Battered chicken chunks with rice & peas | Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H) | Spaghetti bolognese with carrots (H) | All day breakfast |
| Vegetarian /Vegan | Tomato pasta bake with sweetcorn | Vegetable nuggets with rice & peas | Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy | Quorn spaghetti bolognese with carrots | Vegetarian all day breakfast |
| Jacket potato | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo |
| Dessert | Frozen smoothie | Shortbread | Jelly | Cherry sponge with custard | Frozen mousse |

- WHEAT
- SULPHITES
- DAIRY
- FISH
- MUSTARD

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|---|--|---|
| Meat | Tomato tuna pasta bake with sweetcorn | Soft taco with chilli con carne, rice & carrots (H) | Roast turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H) | Sausages with new potatoes, peas & gravy | Halal battered chicken nuggets & potato smiles with beans or peas (H) |
| Vegetarian/Vegan | Tomato pasta bake with sweetcorn | Soft taco with Quorn mince Chilli con carne, rice & carrots | Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy | Vegan Quorn sausage with new potatoes, peas & gravy | Quorn vegan nuggets & potato smiles with beans or peas |
| Jacket potato | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo | Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo |
| Dessert | Frozen yogurt | Lemon sponge | Jelly | Fruit crumble with custard | Raspberry ripple ice cream pot |

- SESAME
- LUPIN
- CELERY
- NUTS

We are nut free schools

A selection of fresh fruit, salad, bread and yogurts available daily.

For information regarding allergens and dietary needs, please speak to the school office.

