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Day	Meal Options	Dessert	Allergens
Monday	Chicken vegetable stir-fry with noodles in a chow mein sauce	Fruit or yogurt !	     
	Vegetable stir-fry with noodles in a chow mein sauce		     
	Jacket potato with tuna served with pots of cucumber or sweetcorn		 
	Jacket potato with baked beans served with pots of cucumber or sweetcorn		
	Jacket potato with cheese served with pots of cucumber or sweetcorn		!
Tuesday	Pasta bolognese with vegetables (crusty bread will be served with KS2 meals)	Fruit or yogurt !	    Allergens in bread only: 
	Vegetable pasta in tomato sauce (crusty bread will be served with KS2 meals)		  Allergens in bread only: 
	Jacket potato with tuna served with pots of cucumber or sweetcorn		 
	Jacket potato with cheese served with pots of cucumber or sweetcorn		!
Wednesday	Roast gammon ham with roast potatoes, mixed vegetable (and gravy)	Fruit or yogurt !	 Allergens in gravy:   
	Pastry wrapped roasted vegetables with stuffing, roast potatoes (and gravy)		     
	Jacket potato with tuna served with pots of cucumber or sweetcorn		 
	Jacket potato with cheese served with pots of cucumber or sweetcorn		!
Thursday	Ham & cheese pasta with vegetables (crusty bread will be served with KS2 meals)	Fruit or yogurt !	! Allergens in bread only: 
	Cheesy pasta with vegetables (crusty bread will be served with KS2 meals)		! Allergens in bread only: 
	Jacket potato with tuna served with pots of cucumber or sweetcorn		 
	Jacket potato with cheese served with pots of cucumber or sweetcorn		!
Friday	Fish fingers chips and vegetable sticks	Fruit or yogurt !	  
	Quorn nuggets with chips and vegetable sticks		   
	Jacket potato with tuna served with pots of cucumber or sweetcorn		 
	Jacket potato with cheese served with pots of cucumber or sweetcorn		!

**Allergens Key:** Celery  Cereals/Gluten  Eggs  Fish   
Milk  Sesame  Soya  Sulphur dioxide 

Other allergens that are not contained in any of our recipes are: - Crustaceans, Lupines, Molluscs, Mustard, Nuts & Peanuts. Please note, soya free chips and soya free roast potatoes, along with dairy free yoghurts (made from soya) are available upon request.

Autumn term menu. Weeks commencing: 12/10, 2/11, 16/11, 30/11, 14/12 (week 2)

Day	Meal Options	Dessert	Allergens
Monday	Jacket potato with baked beans served with pots of cucumber or sweetcorn	Fruit or yogurt 🍌	
	Jacket potato with tuna and sweetcorn served with pots of cucumber		🍌 🐟
	Jacket potato with cheese and baked beans served with pots of cucumber or sweetcorn		🍌
Tuesday	Chicken vegetable savoury rice (crusty bread will be served with KS2 meals)	Fruit or yogurt 🍌	🌿 Allergens in bread only: 🍞
	Vegetable savoury rice (crusty bread will be served with KS2 meals)		🌿 Allergens in bread only: 🍞
	Jacket potato with tuna served with pots of cucumber or sweetcorn		🍌 🐟
	Jacket potato with cheese served with pots of cucumber or sweetcorn		🍌
Wednesday	Roast turkey, roast potatoes, mixed vegetables (and gravy)	Fruit or yogurt 🍌	🌿 Allergens in Gravy only: 🌿 🌾
	Roast vegetable tart, roast potatoes mixed vegetables (and gravy)		🌿 🌾 Allergens in Gravy only: 🌿
	Jacket potato with tuna served with pots of cucumber or sweetcorn		🍌 🐟
	Jacket potato with cheese served with pots of cucumber or sweetcorn		🍌
Thursday	Pork sausage, baked beans and pasta	Fruit or yogurt 🍌	🌾 🌿 🍷
	Quorn sausage, baked beans and pasta		🌾 🍌 🍌
	Jacket potato with tuna served with pots of cucumber or sweetcorn		🍌 🐟
	Jacket potato with cheese served with pots of cucumber or sweetcorn		🍌
Friday	Oven baked breaded cod with chips and vegetable sticks	Fruit or yogurt 🍌	🌾 🐟 🌿
	Cheese omelette with chips and vegetable sticks		🍌 🍌 🌿
	Jacket potato with tuna served with pots of cucumber or sweetcorn		🍌 🐟
	Jacket potato with cheese served with pots of cucumber or sweetcorn		🍌

**Allergens Key:** Celery 🌿 Cereals/Gluten 🌾 Eggs 🍌 Fish 🐟  
Milk 🍌 Sesame 🍷 Soya 🌿 Sulphur dioxide 🍷

Other allergens that are not contained in any of our recipes are: - Crustaceans, Lupines, Molluscs Mustard, Nuts & Peanuts.

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