

Allergen Menu Autumn 2026

		Main	Veggie / Fish	Carbs	Veggies	Yummy Puds
WEEK 1	MON	Chicken Korma 	Quorn & Vegetable Fried Rice (V) 	50\50 Rice, Naan Bread 	Green Veg	Chocolate Mousse 
	TUE	All Day Breakfast 	5 Bean Chilli & Brown Rice (V)	Hash Brown	Baked Beans or Peas	Fruit Yogurt 
	WED	Roast Chicken & Stuffing with Gravy  	Cauliflower & Broccoli Cheese(V)  	Mashed Potatoes 	Broccoli, Peas & Carrots	Cherry Crumble   & Custard 
	THUR	Beef Bolognese  or Tomato Sauce (V)	Pasta with Cheese (V)  	Pasta Spirals 	Vegetable Medley	Banana Loaf   
	FRI	Battered Fish  	Sweet & Sour Quorn Stir Fry with Noodles(V)  	Chunky Chips	Mushy Peas or Baked Beans	Fruity Friday
WEEK 2	MON	Beef Lasagne  	Beans on Toast (V) (Add some cheese!)  	Garlic Bread 	Sweetcorn or Salad	Fruit Yogurt 
	TUE	Wholemeal Margherita Pizza (V)  	Creamy Bacon Penne  	Herby Diced Potatoes 	Carrot & Cucumber Sticks	Oaty Cookie  
	WED	Roast Loin of Pork with Stuffing  & Gravy  	Quorn Cottage Pie (V)   	Roast Potatoes	Broccoli, Peas & Carrots	Bananas & Custard 
	THUR	Beef Bolognese  or Tomato Sauce (V)	Pasta with Cheese (V)  	Pasta - Spaghetti 	Vegetable Medley	Fruit Cocktail Jelly
	FRI	Sweet Chilli chicken Wraps 	Fish Dippers  	Fries	Carrot & Cucumber Sticks	Fruity Friday
WEEK 3	MON	Pulled BBQ Chicken Baguette 	Macaroni Cheese (V)  	Baguette 	Mixed Veg or Salad	Homemade Chocolate Cookie  
	TUE	Homemade Meatballs   	Salmon Fishcake  	Pasta 	Steamed Mixed Veg	Oranges in Jelly
	WED	Sausage Roll  & Gravy  	Lentil Cottage Pie (V)  	Roast Potatoes	Broccoli, Peas & Carrots	Peach Cobbler & Custard  
	THUR	Beef Bolognese  or Tomato Sauce(V)	Pasta with Cheese (V)  	Pasta Shells 	Vegetable Medley	Fruit Yogurt 
	FRI	Popcorn Chicken 	Tex Mex Bean Wrap(V) 	Chips	Baked Beans or Salad	Fruity Friday

Allergen Key:  Celery  Crustaceans  Eggs  Fish  Gluten  Milk  Mustard  Peanuts  Nuts  Sulphur Dioxide
 Soya  Lupin  Mollusc  Sesame Seeds