

# Autumn Term Menu



## WEEK ONE

Monday

Choose from either...

- M** Pork Meatballs\* & Tomato Sauce **DE**
- V** Veggie Balls & Tomato Sauce **DE** **V**
- JP** Cheese **GE**

Served with

- Pasta **DE** / Mixed Vegetables
- Dessert**
- Fresh Fruit **GDE** / Yoghurt **GE**

Tuesday

Choose from either...

- M** Beef Burger **DE**
- V** Vegetable Burger **DE** **V**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Saute Potatoes **GDE** / Sweetcorn
- Dessert**
- Cake Slice **GD**

Wednesday

Choose from either...

- M** Roast Chicken and Gravy **GDE**
- V** Cheese Omelette **G**
- JP** Baked Beans **GDE** **V**

Served with

- Roast Potatoes **GDE** / Carrots
- Dessert**
- Fresh Fruit **GDE** / Yoghurt **GE**

Thursday

Choose from either...

- M** Beef Bolognese **DE**
- V** Lentil Bolognese **DE** **V**
- JP** Cheese **GE**

Served with

- Pasta **DE** / Mixed Vegetables
- Dessert**
- Vanilla & Strawberry Mousse **GE**

Friday

Choose from either...

- M** Fish Fingers **DE**
- V** Vegan Sausages **GDE** **V**
- JP** Cream cheese Bagel with cucumber **E**

Served with

- Potato Bites **GDE** / Garden Peas
- Dessert**
- Blueberry Muffin

## WEEK TWO

Monday

Choose from either...

- M** Hot Dog\* **DE**
- V** Veggie Dogs **DE** **V**
- JP** Cheese **GE**

Served with

- Baked Beans / Sweetcorn
- Dessert**
- Fresh Fruit **GDE** / Yoghurt **GE**

Tuesday

Choose from either...

- M** Meatfree Bolognese **DE** **V**
- V** Cheesy Pasta **E**
- JP** Baked Beans **GDE** **V**

Served with

- Pasta **DE** / Mixed Vegetables
- Dessert**
- Shortbread **E**

Wednesday

Choose from either...

- M** Breaded Chicken Steak **DE**
- V** Vegetable Fingers **DE** **V**
- JP** Cheese **GE**

Served with

- Oven Baked Chips **GDE** / Peas
- Dessert**
- Fresh Fruit **GDE** / Yoghurt **GE**

Thursday

Choose from either...

- M** Mild Chilli Con Carne **GDE**
- V** Chilli Non Carne **GDE** **V**
- JP** Sausage & Beans\* **DE**

Served with

- Rice **GDE** / Sweetcorn
- Dessert**
- Frozen Fruit Smoothie **GDE**

Friday

Choose from either...

- M** Roast Chicken and Gravy **GDE**
- V** Three Bean Casserole **GDE** **V**
- JP** Tuna Pasta Salad **D**

Served with

- Roast Potatoes **GDE** / Carrots
- Dessert**
- Brownie Bites **D**

## WEEK THREE

Monday

Choose from either...

- M** Chicken Korma **GE**
- V** Lentil Dahl **GDE** **V**
- JP** Spaghetti Hoops **DE** **V**

Served with

- Rice **GDE** / Mixed Vegetables
- Dessert**
- Fresh Fruit **GDE** / Yoghurt **GE**

Tuesday

Choose from either...

- M** Sausage Roll\* **DE**
- V** Vegan Sausage Roll **DE** **V**
- JP** Cheese **GE**

Served with

- Skin-on Potato Wedges **GDE** / Baked Beans
- Dessert**
- Mini Biscuit Pack **E**

Wednesday

Choose from either...

- M** Italian Chicken **DE**
- V** Veggie Lasagne **E**
- JP** Baked Beans **GDE** **V**

Served with

- Pasta **DE** / Garlic Bread **E** / Sweetcorn
- Dessert**
- Fresh Fruit **GDE** / Yoghurt **GE**

Thursday

Choose from either...

- M** Roast Beef and Gravy **GDE**
- V** Chickpea Ratatouille **GDE** **V**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Roast Potatoes **GDE** / Carrots
- Dessert**
- Vanilla & Chocolate Mousse **GE**

Friday

Choose from either...

- M** Rice Crispy Coated Salmon **GDE**
- V** Veggie Nuggets **DE** **V**
- M** Wholemeal Cheese & Tomato Pizza **E**

Served with

- Potato Bites **GDE** / Garden Peas
- Dessert**
- Pancake

Check the Schedule

- M** - Main
- V** - Vegetarian
- JP** - Jacket Potato

**SEPTEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**OCTOBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**NOVEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**DECEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



- D** - Dairy Free
  - G** - Gluten Free
  - E** - Egg Free
  - V** - Vegan
  - \* - Contains Pork
- All meals are served with vegetables

# Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free
- V** - Signifies that a meal is Vegan

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free, one which is Egg Free and one which is Vegan. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the  
Schedule  
overleaf

# CENSUS DAY

THURSDAY  
5<sup>TH</sup> OCTOBER

## Choose from

- M** Chicken sausages **GDE**
- V** Vegan sausages **DE**
- JP** Cheese **GE**

## Served with

Mash **GDE** and Peas

## Dessert

Mini chocolate topped donuts

Sausages!



 **FORERUNNER**  
MORE THAN JUST A MEAL

[WWW.HOTMEALSONWHEELS.COM](http://WWW.HOTMEALSONWHEELS.COM)