

# Menu

## Week 2



OCTOBER  
SQUASH



DECEMBER  
BRUSSEL  
SPROUTS

Look for this logo on the menu to try a yummy seasonal special!



Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Penne Bolognaise  
Pasta Bake  
(G,Mk) With  
Garden Salad

Butchers Sausages  
with Caramelised  
Onion Gravy

Aziz,s Chicken Biriyani  
(Mk,Mu)

Mucho Mexican  
Chicken Burrito Bowl  
(G,Mk,Mu)

Battered Fish Fillet  
(G,F)  
Crispy Chicken  
Tenders  
(G,Ce,Mk,Mu,Se)

**Veggie**  
MEAT FREE MAINS

Mediterranean  
Vegetable Lasagne  
(G,Mk)  
with Garden Salad

Grilled Veggie  
Sausages with  
Caramelised Onion  
Gravy (G,Ce)

Chickpea &  
Vegetables Biriyani  
(Mk,Mu)

Mucho Mexican Eat  
Curious Vegetable  
Burrito Bowl  
(G,Mk,Mu)

Crispy Vegetable  
Samosa with Mango  
Chutney  
(G,Mu)

**veg**  
EXTRA GOOD

Baked Potato Wedges  
Steamed Seasonal  
Greens

Broccoli

Roasted Cauliflower

Spicy Pinto Beans (G)

Garden Peas

Baked Beans

**carbs**  
FUEL FOOD

Garlic Bread  
(G,Mk,So)

Creamy Mashed  
Potatoes

Onion Salad

Zesty Lime Rice  
Tortilla Chips

Chips

**Dessert**  
SOMETHING SWEET

Yoghurt  
(MK,SO)  
Fruit

Yoghurt  
(MK,SO)  
Fruit

Yoghurt  
(MK,SO)  
Fruit

Yoghurt  
(MK,SO)  
Fruit

Yoghurt  
(MK,SO)  
Fruit

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

**Dates**

Week 8th Sep, 29th Sep,  
20th Oct, 10th Nov, 1st Dec, 22nd  
Dec

**Allergens**

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide