



This week's menu

G=Gluten
E=Egg
D=Dairy
S=Soya
F=Fish
Must=Mustard

Week: 1 **AUTUMN 2023**

Monday

Dish of the Day

Chilli con Carne

Vegetarian Option

Vegan con Carne (S)

Sides

Rice
Broccoli

Alternative

Baked Potato with beans & cheese (D)

Dessert

Lemon drizzle cake (G, E)
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Sausage rolls (G)
Cheese & Onion Slice (G, D)

Tuesday

Dish of the Day

Vegetable & five bean tacos with or without cheese (D)

Vegetarian Option

Sides

Potato wedges
Green beans

Alternative

Cheese, ham or hummus wrap (D, G)

Dessert

Chocolate fridge cake (G, D, S)
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Pasta Bake (G, D)

Wednesday

Dish of the Day

Sausage plait (G)

Vegetarian Option

Vegetable plait (G, D)

Sides

Roast potatoes
Cauliflower/carrots
Gravy

Alternative

Baked Potato with beans & cheese (D)

Dessert

Jelly pots
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Filled wraps – cheese, tuna, ham (G, E, M, D F)

Thursday

Dish of the Day

Chicken & spinach lasagne (G, D)

Vegetarian Option

Vegetable lasagne (G, D)

Sides

Garlic bread (G)
Sweetcorn

Alternative

Cheese, ham or hummus wrap (D, G)

Dessert

Homemade yoghurt with fruit compote (D)
Fresh Fruit Bar

Owls

Jacket potato with cheese/beans/tuna (E, M, F, D)

Friday

Dish of the Day

Fish fillet (F, G)

Vegetarian Option

Red pepper & pesto pasta (G, D)

Sides

New potatoes
Peas

Alternative

Baked Potato with beans & cheese (D)

Dessert

Flapjack (G)
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Filled Rolls – cheese or ham (G, D)