



This week's menu

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

Week: 2 **AUTUMN 2023**

Monday

Dish of the Day

Cottage pie

Vegetarian Option

Vegetable cottage pie (S)

Sides

Green beans

Alternative

Baked Potato with beans & cheese (D)

Dessert

Chocolate mousse (D)
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Pasta Bake (G, D)

Tuesday

Dish of the Day

Mac 'n' cheese

Vegetarian Option

Sides

Broccoli

Alternative

Cheese, ham or tuna wrap (D, G, F, E, M)

Dessert

Homemade yoghurt with fruit compote (D)
Fresh Fruit Bar

Owls

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

Wednesday

Dish of the Day

Gammon & pineapple

Vegetarian Option

Stuffed peppers (G, D)

Sides

Roasted new potatoes
Peas

Alternative

Baked Potato with beans & cheese (D)

Dessert

Apple pie & custard (G, D)
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Filled wraps - cheese or ham (G, D)

Thursday

Dish of the Day

Chicken & chorizo paella

Vegetarian Option

Vegetable & quorn paella (E)

Sides

Edamame beans
Sweetcorn

Alternative

Cheese, ham or tuna wrap (D, G, F, E, M)

Dessert

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

Owls

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

Friday

Dish of the Day

All day breakfast

Vegetarian Option

Sides

Mushrooms
Tomato
Hash browns
Beans
Scrambled eggs (E)

Alternative

Baked Potato with beans & cheese (D)

Dessert

Ice cream (D)
Homemade yoghurt with fruit compote (D)
Fresh fruit

Owls

Soup & homemade bread (C, G)