



This week's menu

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

Week: 3 **AUTUMN 2023**

Monday

Dish of the Day
Chicken pie (G)

Vegetarian Option
Vegetable pie (G, D)

Sides
Sauté potatoes
Peas

Alternative
Baked Potato with beans &
cheese (D)

Dessert
Shortbread penny biscuit
(G, D)
Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls
Sandwiches - cheese or ham
(G, D)

Tuesday

Dish of the Day
Pizza day

Vegetarian Option

Sides
Crudités
Coleslaw

Alternative
Cheese, ham or guacamole
wrap (D, G)

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

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

Wednesday

Dish of the Day
Roast turkey

Vegetarian Option
Halloumi stack (D)

Sides
Roasted potatoes
Carrots
Cabbage

Alternative
Baked Potato with beans &
cheese (D)

Dessert
Tiramisu (G, D)
Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls
Pasta Bake (G, D)

Thursday

Dish of the Day
Meatballs

Vegetarian Option
Vegan meatballs (S)

Sides
Pasta (G)
Green beans

Alternative
Cheese, ham or guacamole
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 fingers (G, F)

Vegetarian Option
Vegetable fingers (G)

Sides
Chips
Beans

Alternative
Baked Potato with beans &
cheese (D)

Dessert
Chocolate brownie (G, E)
Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls
Soup & homemade bread
(C, G)