



This week's menu

G=Gluten
E=Egg
D=Dairy
S=Soya
F=Fish
M=Mustard
C=Celery
SD=Sulphites

Week: 3 **AUTUMN 2024**

Monday

Dish of the Day

Chicken goujons
(G)

Vegetarian Option

Crispy Quorn fillets
(E,G)

Sides

Vegetable noodles
(G,E)

Alternative

Jacket Potato with beans &
cheese (D)

Dessert

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

Owls

Selection of filled rolls (G)
Cheese (D)/Ham
Tuna Mayonnaise (G,E,D,M,F)

Tuesday

Dish of the Day

Pizza (D)

Vegetarian Option

Sides

Crudités
Coleslaw (E, M)
Sauté potatoes

Alternative

Jacket Potato with beans &
cheese (D)

Dessert

Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls

Sausage rolls
Cheese sandwiches
(G, D)

Wednesday

Dish of the Day

Savory mince
(Beef)

Vegetarian Option

Vegetarian mince (S)

Sides

New potatoes
Sweetcorn

Alternative

Cheese (D)/ham or hummus
baguette (G)

Dessert

Treacle sponge with custard
(G, E, D)
Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls

Pesto Pasta Salad
(G, D)

Thursday

Dish of the Day

Sweet & Sour
Chicken

Vegetarian Option

Sweet & Sour
Quorn (E)

Sides

Rice
Steamed Carrots

Alternative

Cheese (D)/ham/
Tuna (F) wrap (G)

Dessert

Eton mess (E, D)
Homemade yoghurt with fruit
compote (D)
Fresh Fruit

Owls

Jacket potato
Cheese (D)
Beans

Friday

Dish of the Day

Fish fillet (G, F)

Vegetarian Option

Cheese & Onion
Pasty (D)

Sides

Chips
Beans

Alternative

Jacket Potato with beans &
cheese (D)

Dessert

Fruity flapjack
Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls

Sandwich selection (G)
& Crudités