

**Mains**

Roast Chicken

Lentil Roast

Roast Garlic Potatoes

***Parsnip***

***Broad Beans***

Gravy

Rice crispy cake

Yoghurt

Fresh cut fruit

Cheese

**Mains**

Chicken Paella

Vegetable Paella

***Green Beans***

***Caramelised Onions***

***Roast Tomato***

Chocolate Brownie

Fresh cut fruit

Yoghurt

**Mains**

Gluten free battered fish

Quorn vegetable souvlaki

French fries

***Garden peas***

***Roast mixed vegetables***

***Baked beans***

Ice cream

Jelly

Fresh cut fruit

**Mains**

Lamb Tagine

Vegetable Tagine

Lemon Couscous

***Sauteed Courgette***

***Red Cabbage***

Tzatziki

Apple Crumble

Melon Duo

Cheese

**FRIDAY**

**MONDAY**

**TUESDAY**

**THURSDAY**

**Salad Items:** Tomatoes, Cucumber, Beetroot, Leaf lettuce,

Sweetcorn, Coleslaw, Grated Carrot. Dressings - vinaigrette, croutons, sunflower seeds, olive oil. 2 x additional salads

**Fruit:** Fresh fruit will be available every day

 **Mains**

GF Battered Pollock Fish Fillet

Cheese Onion Pasty

**Sides**

Chips

Baked Beans

Garden Peas

Tartare Sauce

Salad Bar Protein

Salad Bar

**Pudding**

Treacle Tart

with cream

Homemade Fresh Fruit

**FRIDAY**

**Salad Items:** Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad

sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

**Dessert Option 2:** Fresh Fruit or Fruit Salad will be served every day

Autumn Term Menu

Week 3