

## MUNCH TIME MENU AUTUMN TERM 2024

### MENU ONE

02/09/24, 23/09/24, 14/10/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sausage Roll (DF)	Homemade Cheese & Tomato Pizza & Pasta (V)	Spaghetti Bolognese (GF option, DF)	Roast Pork Loin (GF,DF)	Fish Fillet (DF, GF option) and Chips
Second Option	Homemade 3 Bean Casserole (GF, V)	Homemade Sweet & Sour Chicken *, Rice, Peas (GF, DF)	Quorn Mince Bolognese (V)	Vegetable Nuggets (V)	Jacket Potato with beans and cheese (V)
Sides	Criss Cross Potatoes (DF) and Sweetcorn	Peas	Garlic Bread (DF, V)	Roast Potatoes, Carrots, Broccoli, Gravy (DF)	Baked Beans
Lite Bite	Roll	Wrap	Roll	Wrap	Roll
Pudding	Homemade Iced Sponge (DF, V)	Homemade Apricot Flapjack (GF, DF, V)	Cookie (V)	Fruit Smoothie (DF, GF, V)	Choc Ice (V)

### MENU TWO

09/09/24, 30/09/24, 21/10/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sticky Lemon Chicken (GF,DF) * with Rice	Cod Bites (DF, GF option)	Mild Chicken Curry (Korma or Katsu style)	Roast Pork Chipolata (GF,DF)	Burger or Bacon in Bap (GF, DF)
Second Option	Macaroni Cheese (V)	Vegetable Nuggets (V)	Luxury Lentil/Vegetable Pattie (GF, DF, V)	Quorn Sausage (V)	Quorn Burger in Bap (V)
Sides	Mixed Vegetables	Herby Cubed Potato (DF, V) & Baked Beans	Rice & Peas	Roast Potatoes, Carrots, Green Beans, Yorkshire Pudding (V) & Gravy (DF, GF, V)	Hash Brown Puffs (GF, DF, V) & Sweetcorn
Lite Bite	Roll	Wrap	Roll	Wrap	Roll
Pudding	Homemade Chocolate Cracknell (V)	Fruit Crumble & Cream	Homemade Madeleine Sponge (DF, V)	Ice Cream Swirl (V)	Organic Apple Ice Lolly (GF,DF,V)

### MENU THREE

16/09/24, 07/10/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Fish Finger with Wedges (DF & GF alternative)	Chicken Fillet Bites (GF, DF)	Savoury Mince (GF, DF) F,DF)	Roast Chicken (GF, DF) with Stuffing (DF)	Pork Chipolata (GF, DF)
Second Option	Cheese Wheel (V)	Quorn Bites (V)	Tomato & Basil Pasta (V)	Vegan Vegetable Fingers (GF, V)	Quorn Sausage (V)
Sides	Spaghetti Hoops	Mashed Potato and Baked Beans (DF, GF, V)	Mash & carrots/peas	Roast Potatoes, Carrots, Cauliflower & Gravy (GF, DF, V)	Mashed Potato, Baked Beans (GF, DF, V)
Lite Bite	Roll	Wrap	Roll	Wrap	Roll

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pudding	Homemade Chocolate Shortbread (DF, V)	Homemade Sultana Faketwell Tart (V)	Cookie (V)	Arctic Roll (V)	Fruit Smoothie (GF, DF, V)
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\* = Quorn option available just email office when ordering but book in as that meal option