

Three Week Rotational Menu. Advent Term 2019

(Maybe be subject to occasional change)

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks Beginning Sept 2nd Sept 23rd Oct 14th	Butternut burritos (v) 2-7-14 Yogurt, cheese (7) salsa (14) Butterscotch pudding -7-	Pasta with tomato sauce (v) & bacon (opt) 1-2-7-14 Parmesan -7- Green vegetable medley Choc chip cookies 2-4-7-13	Roast chicken with sage and onion crumbs 2-4-13-14 Stuffed squash V 1-2-4-7-13-14 Roast potatoes, Fresh vegetables Gravy 1 (G/F) Gravy (V) 2-13-14 Hummingbird cake 2-4-14	Sausage & mash 2-7-13-14 GF sausage 13-14 Quorn sausage (V) 1-2-4-13 Broccoli Gravy 1 (G/F) Gravy (V) 2-13-14 Apple Charlotte & custard 2-7-13-14	Smoked haddock & spring onion fishcakes. 2-5-14 Frittata (v) 4 Skin-on wedges 1-2 Petit pois Ketchup 1-14 Iced mango & orange & strawberry smoothies
Weeks Beginning Sept 9th Sept 30th Oct 21st (Term ends 23rd inc)	Mac cheese (v) 2-7-9-13-14 Tomato & basil salad Steamed broccoli Black currant yogurt -7-	Pork with red pepper rice 1-14 Halloumi with red pepper rice(v) 1-7-14 Roast vegetables Chocolate beetroot muffins 2-4-14	Roast beef Cauliflower cheese (V) 7 Roast potatoes Fresh vegetables Yorkshire pudding 2-4-7-13 Gravy 1 (G/F) Gravy (V) 1-2-13-14 Carrot cake 2-4-14 Carrot cake (G/F) 4-14	Braised chicken thighs 1-7-9-14 Braised veggie ragout(v) 1-7-14 Creamy mashed potato 7 Curly kale/ sprouting broccoli Coconut raspberry slice 2-4-7	Cod fish fingers 2-5 Quiche of the day (v) 2-4-7 Skin-on wedges 1-2-14 Petit pois Oatmeal raisin cookies 2-4-7-14
Weeks Beginning Sept 16th Oct 7th	Cheese and potato puff pie. (V) 2-4-7-9-14 Kale & broccoli Vanilla yogurt with chocolate cookie crumb & chocolate ripple 2-7	Pasta with Rowan's Ragu 1-2-14 Pasta with tomato & aubergine sauce (v) 2-14 Broccoli Parmesan -7- Fruit kebab	Roast pork with crackling Vegetable puff (v) 2-4-7-9-13 Roast potatoes Fresh vegetables Apple sauce Gravy 1 (G/F) Gravy (V) 1-2-13-14 Rice pudding with raspberry sauce -7-14	Chicken curry 1-7-14 Spinach & chickpea dahl (V) with hard eggs 2-4-7-14 Basmati rice or Naan bread 2-7-14 Banana muffins 2-4	Bubble coated wild Alaskan pollack 5-13-14 Frittata 4 Wedges 1-2-14 Petit pois Ketchup Chocolate crackle cookie 2-4

The numbers, in red, below each menu indicate relevant food allergens. Please refer to the FSA '14 Allergens' poster/list for more details. Pupils with known allergies and/or specific dietary requirements are individually catered for. Please contact the office with any query.