

Autumn Menu Week 3 (Week beginning 14th of September 2026)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	<u>Weetabix, Special Flakes & Milk</u> (Gluten)	<u>Weetabix, Special Flakes & Milk</u> (Gluten)	<u>Weetabix, Special Flakes & Milk</u> (Gluten)	<u>Weetabix, Special Flakes & Milk</u> (Gluten)	<u>Weetabix, Special Flakes & Milk</u> (Gluten)
Snack	Fruits Apple, Banana, Pear, Orange	Fruits Apple, Banana, Pear, Orange	Fruits Apple, Banana, Pear, Orange	Fruits Apple, Banana, Pear, Orange	Fruits Apple, Banana, Pear, Orange
Lunch	Chicken Tikka Masala (SO2)	Veggie Roast (SO2)	Fruity lamb Moroccan stew (SO2)	Veggie hotpot (SO2)	Squash & chickpea curry (SO2, milk)
Special Diet Lunch	Veggie Malaysian Curry (SO2)	Veggie Roast (SO2)	Cowgirl Millie's Sweet potato chili (SO2)	Veggie hotpot (SO2)	Squash & chickpea curry (SO2)
Side Dish	Quinoa	Couscous	Couscous	Peas	Couscous
Dessert	Baked oats (Gluten)	Braised apples (Gluten)	Poached peaches	Watermelon slices	Poached peaches
Afternoon Tea	Chana Masala (SO2, milk)	Beef Bolognese pasta (SO2)	Homemade Baked Beans with Jacket Potatoes (SO2)	Toni's tomato pasta (SO2, milk)	Fisherman Finley's pasta (SO2)
Special Diet Tea	Chana Masala (SO2)	Italian bean stew (SO2)	Homemade Baked Beans with Jacket Potatoes (SO2)	Toni's tomato pasta (SO2)	Mushroom barley risotto (SO2)

(SO2) --Sulphur Dioxide

SPECIAL DIET LUNCH/TEA - VEGETARIANS, VEGANS AND CHILDREN WITH SPECIAL DIET REQUIREMENT