












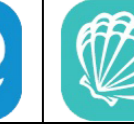















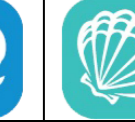


High School Autumn/Winter Menu Week 1

Recipe Description Contains ● May Contains ○														
	Gluten	Milk	Eggs	Nuts	Peanuts	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide	Fish	Crustaceans	Molluscs
Monday														
Beef & Root Vegetable Pie with Mash	●	●												
Keralan Butternut Squash & White Bean Curry with Rice	●								●					
Spaghetti Bolognese Pot	●													
All Day Breakfast Wrap	●	●	●								●			
Steamed Jam Sponge Pudding & Custard	●	●	●								●			
Tuesday														
Jollof Chicken & Rice								●						
Chunky Quorn Chilli Taco	●	●				●		●						
Lamb Meatball Pitta with Salad	●	●												
Carbonara Pasta Pot	●	●												
Courgette Brownie	●	●												
Wednesday														
Classic Lasagne & Garlic Bread	●	●	○			○								
Vegetable Bean Burger with Tomato Relish & Potato Wedges	●								●		●			
Lentil & Vegetable Moussaka	●	●												
Korean Chicken with Sesame Orange Slaw	●					●	●							
Frosted Carrot Cake	●	●	●											
Thursday														
Roast Pork with Apple Sauce, Roast Potatoes & Gravy														
Cheese, Leek & Potato Pie		●												
Chinese Beef & Noodles	●		●			●								
Roast Pork & Apple Sauce Baguette	●	○												
Apple & Blackberry Pie with Custard	●	●												
Friday														
Battered Catch of the Day with Chips	●	○							○			●		
Veggie Hot Dog with Sticky Onions & Chips	●		●				○							
Po' Boy Chicken Wrap with Cajun Mayo	●	●	●						●					
Salmon Fish Cake with Asian Slaw & Chips	●					●					●	●		
Devon Splits	●	●	●								●			














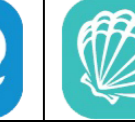


High School Autumn/Winter Menu Week 2

Recipe Description Contains ● May Contains ○														
	Gluten	Milk	Eggs	Nuts	Peanuts	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide	Fish	Crustaceans	Molluscs
Monday														
Sausage & Mash with Gravy	●	●									●			
Lentil & Vegetable Saag Curry with Rice	○													
Tuscan Bean & Sweet Potato Risotto								●						
Tuna & Tomato Pasta Pot	●											●		
Parsnip & Coconut Flapjack with Custard	●	●									●			
Tuesday														
Hunters Chicken & Herb Diced Potatoes		●												
Winter Vegetable Lasagne & Garlic Bread	●	●	○			○								
Beef Chilli Rice Pot														
Onion Bhaji Wrap with Chutney & Cucumber Yoghurt	●	●				○	○	○	○					
Raspberry Cupcake Swirl	●	●	●											
Wednesday														
Moroccan Beef Stew & Couscous	●							●						
Valencian Quorn & Vegetable Paella			●					●						
Tomato & Butterbean Pasta Pot	●	●												
Meatball Sub Roll	●	●					○							
Molten Chocolate Cake	●		●											
Thursday														
Roast Chicken with Stuffing, Roast Potatoes & Gravy	●													
Creamy Mac n' Cheese	●	●				○			●					
Smokey Mexican Pit Beans & Nachos	●	●	●											
Roast Chicken & Stuffing Baguette	●	○												
Cinnamon Swirl Cake with Custard	●	●	●											
Friday														
Battered Catch of the Day with Chips	●	○							○			●		
Kentucky Quorn Burger & Chips	●	●	●				○		●		●			
Katsu Chicken & Curry Rice Pot	●	●							●		●			
Jumbo Fish Finger Wrap	●		●						●			●		
Banoffee Waffle	●	●	●			●								



High School Autumn/Winter Menu Week 3

Recipe Description Contains ● May Contains ○														
	Gluten	Milk	Eggs	Nuts	Peanuts	Soya	Sesame	Celery	Mustard	Lupin	Sulphur Dioxide	Fish	Crustaceans	Molluscs
Monday														
Shepherd's Pie	●	●												
Sweet Potato & Aubergine Tagine with Couscous	●								●					
Meat Feast Pizza Slice	●	●												
Arrabiatta Pasta Pot	●													
Banana & Orange Sponge with Custard	●	●	●											
Tuesday														
Chicken Fajita Pasta	●	●				●								
Quorn & Stir Fry Vegetable Chow Mein	●		●			●								
Falafel Wrap with Pickled Vegetables & Tzatziki	●	●												
Sweet Chilli Chicken Rice Box	●	●									●			
Fruit Filled Crumble Slice	●	●	●											
Wednesday														
Sweet & Sour Pork with Rice														
Mushroom & Pepper Stroganoff with Rice	●	●						●				●		
Cauliflower & Sweet Potato Cheese Bake	●	●							●					
Italian Meatballs & Pasta	●													
Chocolate Tiffin Slice	●	●												
Thursday														
Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy	●	●	●											
Vegetarian Sausages with Yorkshire Pudding, Roast Potatoes & Gravy	●	●	●											
Caribbean Cream Cheese Chicken & Rice	●	●				●								
Roast Beef & Sweet Onion Baguette	●	○												
Sticky Toffee Pudding & Custard	●	●	●											
Friday														
Battered Catch of the Day with Chips	●	○								○		●		
Firecracker Pizza with Chips	●	●	●											
BBQ Chicken with Chips & Slaw			●											
Crispy Fish Burger & Tartar Sauce	●		●				○		●			●		
Pineapple Upside Down Cake	●		●											

