



THE GREAT FOOD ADVENTURE MENU



WEEK 1

MON TUES WED THU FRI

Meat free day

Main Meal :HAPPY TUMS:

Penne pasta baked in rich tomato sauce and cheese (Mk,G)	Farm assured pork sausages with gravy (Su,Mk,E,G)	Roast beef with Yorkshire pudding and roast gravy (Mk,E,G) Halal	Cajun chicken in a peri peri sauce (Mu,G) Halal	MSC cod baked fish fingers served with lemon and homemade tartare sauce (Mu,Mk,F,E,G)
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Vegetarian :MEAT FREE:

Mild Quorn Rogan Josh (E)	Vegetarian sausage with vegetable gravy (So,G)	Roasted pepper, onion and cheddar wholemeal quiche (Mk,E,G)	Baked gnocchi in a tomato and pepper sauce (Mk,E,G)	Vegetarian puff pastry sausage roll (So,E,G)
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Veggies :POWER FOOD:

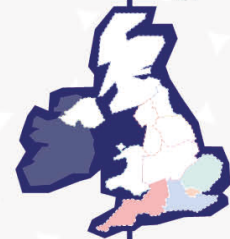
Steamed rice	Creamy mashed potato (Mk)	Fluffy roasted potatoes	Cous cous (G)	Baked oven chips
... Carrots	... Cauliflower	... Steamed broccoli	... Courgettes	... Baked beans
... Peas	... Steamed green beans	... Roasted root vegetables	... Sweetcorn	... Peas

Pudding :SWEET TREAT:

Steamed jam sponge with custard (Mk,E,G)	Autumn fruit cobbler (Mk,G)	Fruit jelly pot	Chocolate and vanilla marble cake (Mk,E,G)	Fresh fruit salad
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Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.

Special Days



This term we are visiting:

- ★ September - South East
- ★ October - East of England
- ★ November - London
- ★ December - South West

ALLERGENS

- Ce = Celery
- F = Fish
- L = Lupin
- Mu = Mustard
- Se = Sesame Seeds
- Cr = Crustacean
- G = Cereals containing Gluten
- Mk = Milk
- N = Nuts
- So = Soya
- E = Eggs
- Mo = Molluscs
- P = Peanuts
- Su = Sulphur Dioxide

Infants - Week 1 commencing:
2 Sep, 23 Sep, 14 Oct, 11 Nov, 2 Dec



Look out for this icon on our menus for a **Better Choice** for you!



THE GREAT FOOD ADVENTURE MENU



WEEK 2

	MON	TUES	WED	THU	FRI
	<i>Meat free day</i>				
Main Meal :HAPPY TUMS:	Quorn and vegetable sweet chilli noodles (E,G)	Italian beef bolognese with spaghetti (G) Halal	Roast Norfolk turkey, sage and onion stuffing and gravy (Mk,E,G) Halal	Fresh Italian dough pizza topped with Pepperoni and mozzarella pizza (Mk,G,E)	Battered Pollock fillet with tartare sauce and lemon (F,G,Mu,Mk,E)
Vegetarian :MEAT FREE:	Tarka Dahl with spinach and lentils (Mk)	Veggie mince bolognese (G,E)	Spanish frittata with onion, spinach and cheddar (Mk,E)	Cheese and tomato Margarita pizza (Mk,E,G)	Mixed bean and vegetable burrito (Mu,Mk,G)
Veggies :POWER FOOD:	Wholegrain rice ... Steamed carrots ... Roasted spiced cauliflower (Mu)	Spaghetti (G) ... Garden peas ... Sauté leeks	Fluffy roasted potatoes ... Carrots ... Green beans	Broccoli ... Sweetcorn	Homemade potato wedges ... Garden peas ... Baked beans
Pudding :SWEET TREAT:	Jalousie tart with mincemeat (Mk,G)	Pear and chocolate sponge with chocolate sauce (Mk,E,G)	Warm sultana flapjack (Mk,G)	Fruit jelly pot	Fresh fruit salad

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Special Days

16TH SEPT ITALIAN DAY

WORLD VEGETARIAN DAY 01ST OCT

08TH NOV WORLD VEGAN DAY

NATIONAL COOKIE DAY 04TH DEC

This term we are visiting:

- ★ September - South East
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- ★ November - London
- ★ December - South West

Infants - Week 2 commencing:
9 Sep, 30 Sep, 28 Oct, 18 Nov, 9 Dec

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THE GREAT FOOD ADVENTURE MENU



WEEK 3

MON TUES WED THU FRI

	MON	TUES	WED	THU	FRI
Main Meal HAPPY TUMS:	Macaroni cheese with a crispy topping (So,Mk,G) <i>Meat free day</i>	Creamy chicken and sweetcorn pie with puff pastry (Mk,G) Halal	Roast Herefordshire pork with apple sauce and gravy (G)	Farm assured Italian beef lasagne (Mk,G,E) Halal	MSC cod baked fish fingers served with lemon and homemade tartare sauce (Mu,Mk,F,E,G)
Vegetarian MEAT FREE:	Roasted vegetable filo tart (Mk,E,G)	Vegetarian mince pie with puff pastry (So,Mk,E,G,Ce)	Tomato and basil risotto (Mk,E)	Vegetarian lasagne (Mk,G,E)	Veggie burger with relish and sauces (Su,So,Se,Mu,Mk,G)
Veggies POWER FOOD:	Green beans ... Roasted butternut squash	Steamed new potatoes ... Buttered sweetcorn (Mk) ... Sauté leeks	Fluffy roasted potatoes ... Roasted parsnips and swede ... Steamed broccoli	Garlic bread (So,Mk,G) ... Steamed carrots ... Mixed tossed salad	Baked oven chips ... Baked beans ... Garden peas
Pudding SWEET TREAT:	Pineapple upside down cake (Su,Mk,E,G)	Jam roly poly and custard (So,Mk,E,G)	Fruit jelly pot	Golden syrup sponge and custard (Mk,E,G)	Fresh fruit salad

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Special Days

16TH SEPT ITALIAN DAY

WORLD VEGETARIAN DAY | 01ST OCT

08TH NOV WORLD VEGAN DAY

NATIONAL COOKIE DAY | 04TH DEC

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Infants - Week 3 commencing:
16 Sep, 7 Oct, 4 Nov, 25 Nov, 16 Dec



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