

## MONDAY

# Inset Day

## TUESDAY

1. Omega 3 Fish Fingers
2. Shepherds Pie (VG)
3. Pizza Panini
4. Gluten Free Pizza Panini (GF)

Mashed Potatoes  
Baked Beans

Fresh Fruit Salad or Pieces

## WEDNESDAY

1. Sausage Toad in the Hole with Gravy
2. Vegetarian Sausage Toad in the Hole with Gravy (V)
3. One Pot Vegetarian Goulash (VG)
4. Gluten Free Sausage Toad in the Hole with Gravy (GF)

Mini Roasties  
Carrots and Swede  
Savoy Cabbage

Autumn Crunch Crumble and Custard

31st October 2022

# Week 1

## THURSDAY

1. Mild chilli Beef Con Carne with Tortillas
2. Sweet and Smoky Vegetable Con Carne (VG)
3. Jacket potato with Cheddar Cheese (GF) (V)
4. Gluten Free Mild Chilli Beef Con Carne with Tortillas (GF)

White and Wholegrain Rice  
Sweetcorn and Peppers

Chocolate Crispy Cake

## FRIDAY

1. Coated Chicken Mini Fillet with Mayonnaise
2. Quorn Dippers with Ketchup (VG)
3. Coronation Chicken Salad with Rice
4. Gluten Free Plain Chicken (GF)

Potato Wedges  
Autumn Coleslaw or Peas

Fresh Fruit Salad

*Available daily: milk, water, fresh bread and fresh salad bar  
A choice of the desert of the day or organic Yeo Valley yoghurt or fresh fruit.*