

AUTUMN MENU

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta Neapolitan (D) (W)	Chicken with BBQ sauce	Lemon & herb crusted salmon (W)	Chicken tikka masala	Fish on Friday (W)
Main Vegetarian Dish	Vietnamese vegetable curry	Vegetable lasagne (D) (W)	Macaroni in three cheese sauce (D) (W)	Jacket potato with baked beans	Veggie falafel (W) (D)
Starchy Dish	Steamed rice	Sautéed potatoes	Minted new potatoes	Aromatic basmati rice	Potato wedges
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Bread	50/50 bread (W)	Garlic bread (W)	50/50 bread (W)	Garlic and coriander naan bread (W)	Olive and sundried bloomer (W)
Dessert	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)	Chef's pudding of the week	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)
Drink	Water	Water	Water	Water	Water

Weeks commencing: 1st November, 22nd November, 13th December; Wherever possible, all food is homemade on site from local, British ingredients
 Goose Green Primary School is a nut-free and sesame seed free school. We use locally sourced ingredients when available and in season. We aim to provide special dietary requirements including allergens and intolerance. We are committed to reducing salt and sugar by using reduced salt and sugar at all times.

Key: (D) - Dairy, (E) - Eggs, (W) - Wheat

AUTUMN MENU

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Jacket potato with beans or cheese (D)	Italian beef bolognaise	Guyana chicken	Sausage (W) with onion gravy (W)	Fish on Friday (W)
Main Vegetarian Dish	Thai vegetable curry	Chef's special quiche (E) (D) (W)	Vegetable biryani	Veggie sausage rolls (W)	New potato red onion and sundried tomato frittata (E)
Starchy Dish	Lemongrass rice	Spaghetti (W) Minted new potatoes	Jollof rice	Mashed potato	Spicy potato wedges
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Bread	50/50 bread (W)	Bloomer (W)	Garlic bread (W)	Naan bread (W)	50/50 bread (W)
Dessert	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Chef's pudding of the week	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)
Drink	Water	Water	Water	Water	Water

Weeks commencing: 8th November, 29th November; Wherever possible, all food is homemade on site from local, British ingredients

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Singapore stir-fry noodles (W)	Beef lasagne (D) (W)	Thai yellow fish curry	Roasted chicken escalopes	Fish on Friday (W)
Main Vegetarian Dish	Vegetable paella	Aubergine, chickpea and mixed bean tagine	Jacket potatoes with tuna, cheese (D) or beans	Roasted vegetable and humus wraps (W)	Vegetable nuggets (E) (W)
Starchy Dish		New potatoes	Basmati rice	Sage and rosemary potatoes	Seasoned potato wedges
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Bread	50/50 bread (W)	Garlic bread (W)	Coriander naan (W)	50/50 bread (W)	French stick (W)
Dessert	Fruit Selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit Selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Chef's pudding of the week	Fruit Selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit Selection or cheese & biscuits (D) (W) or fruit yoghurt (D)
Drink	Water	Water	Water	Water	Water

Weeks commencing: 15th November, 6th December; Wherever possible, all food is homemade on site from local, British ingredients

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