

# AUTUMN MENU

# Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Quorn minced shepherd's pie <b>(W)</b>	Chilli con carne with taco shells <b>(W)</b>	Seasoned chicken drum stick	Sausage and mash with onion gravy	Tex-Mex burger <b>(D) (W)</b>
Main Vegetarian Dish	Jacket potato with bean or cheese <b>(D)</b>	Sweet and sour Quorn	Ravioli stuffed with grilled vegetables <b>(E) (W)</b>	Veggie sausage rolls <b>(W)</b>	Veggie burger <b>(D)</b>
Starchy Dish	Savoury herb diced potatoes	Steamed rice	Roasted garlic potatoes	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 <b>(W)</b>	Bloomer <b>(W)</b>	50/50 <b>(W)</b>	Garlic bread <b>(W)</b>	50/50 bread <b>(W)</b>
Dessert	Fruit selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Fruit selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Special pudding of the week	Fruit selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Fruit selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>
Drink	Water	Water	Water	Water	Water

; Wherever possible, all food is homemade on site from local, British ingredients  
 John Donne 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, (C) - Chickpea**