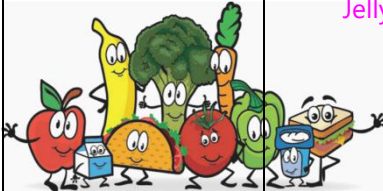
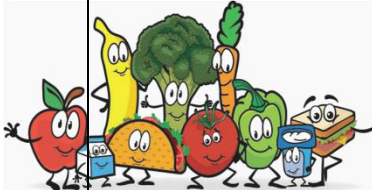
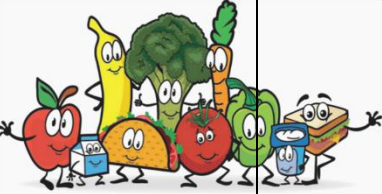


# ST.IVES INFANT SCHOOL - Autumn term MENU 2023

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>  	<b><u>Pasta Day</u></b>  Our own beef 5 a day bolognaise  Quorn bolognaise (V)  Pasta shapes (wheat) Garlic bread (dairy/wheat) Mixed salad Broccoli carrots  Chocolate fudge cake (wheat, egg, dairy) Yoghurt (milk) Fresh fruit salad Jelly pots	<b><u>Children's Favorites</u></b>  100% Chicken breast burger (wheat)  Quorn nuggets (V) (wheat)  Baps (wheat) Mixed veg medley Tomato Ketchup Potato wedges Sweetcorn salad  Rainbow cookies (wheat, dairy, egg) Jelly Fresh fruit & Yoghurt (milk)	<b><u>Traditional Roast Day</u></b>  Tender roast gammon  Quorn sausages (V) (wheat, soy)  Crispy roast potatoes, stuffing (milk, wheat, celery) Yorkshire puddings (V) (milk, eggs, wheat) Gravy (wheat)  Savoy cabbage Cauliflower Crusty bread  Apple pie (wheat, dairy, egg) Custard (dairy) Fresh fruit Yoghurts (milk)	<b><u>Winter warmers</u></b>  Cheese topped cottage pie (dairy, wheat)  Quorn cottage pie (V) (eggs, wheat) Or Dairy free cottage pie  Crusty bread rolls Carrots/peas Tomato salad  Vanilla tray bake (egg, dairy, wheat) Fruit Jelly Yogurts (milk)	<b><u>Fun Friday!</u></b>  Cod in batter (fish, wheat)  Vegan burger (V) (wheat)  Chips Peas/beans Coleslaw (egg, mustard)  Ice cream (dairy) Chocolate chip cookies (wheat, egg, dairy) Jelly pots Yogurt (milk)

# ST.IVES INFANT SCHOOL - Autumn term MENU 2023

	<u>Pasta Day</u>	<u>Children's Favorites</u>	<u>Traditional Roast Day</u>	<u>Winter warmers</u>	<u>Fun Friday</u>
<b>Week 2</b>	Tuna pasta bake (dairy, wheat, egg)	Healthy hot dog (wheat)	Tender roast turkey	Crispy topped chicken pot pie (egg, wheat, dairy)	Cod fish fingers (wheat, fish)
	Macaroni and cheese (V) (dairy, wheat)	Quorn hot dog (V) (wheat)	Quorn slices (wheat, celery,)	Quorn pot pie (V) (celery, wheat, dairy)	Veggie nuggets (V) (wheat)
	Garlic bread (wheat) Broccoli/ carrots Mixed salad Broccoli/sweetcorn	Mini jacket potatoes Baked beans & carrots Coleslaw (eggs)	Crispy roast potatoes Stuffing (wheat, dairy) Cauliflower cheese Cabbage/carrots Gravy (soya) Crusty bread (wheat)	Creamy mash (dairy) Mixed green salad Broccoli/spring greens Crusty bread (wheat)	Chips Peas Coleslaw (eggs) Crusty bread (wheat)
	Blueberry muffins (dairy, egg, wheat) Yoghurt (milk) Jelly pots Fruit	Oat and raisin cookies (dairy, eggs, wheat) Yoghurts (milk) Jelly pots Fruit	Autumn fruit crumble (eggs, wheat) Fresh fruit & Jelly Yoghurt (milk)	Raspberry slices (eggs, dairy, wheat) Fresh fruit & jelly Yoghurts (milk)	Vanilla sprinkle cake (dairy, eggs, wheat) Fresh fruit & Jelly Yoghurts (milk)
					

	<u>Pasta Day</u>	<u>Children's Favorites</u>	<u>Traditional Roast Day</u>	<u>Winter warmers</u>	<u>Fun Friday</u>
<b>Week 3</b> 	Salmon and pea pasta (wheat, dairy, fish)	Margarita pizza (dairy, wheat)	Slow roast tender beef	Chinese pork stir fry	Cod in batter (wheat, fish)
	Mediterranean vegetable pasta bake (V) (wheat)	Vegan pizza (V) (wheat, celery)	Quorn sausages (V) (wheat)	Veggie stir fry or Quorn nuggets (V) (wheat)	Veggie sausage roll (wheat)
	Crusty bread (wheat) Mixed salad Broccoli/carrots	Mini jacket potatoes Green beans & Sweetcorn Cucumber salad Garlic bread (wheat)	Yorkshire puddings (wheat, dairy, eggs) Crispy roast potatoes Spring greens & carrots Gravy (wheat)	Fluffy white Rice (gluten) Mixed salad Broccoli/carrots Homemade flat bread (wheat)	Chips Peas/beans Coleslaw (egg) Crusty bread (wheat)
	Fruity flapjack (dairy, wheat) Fruit Yoghurts (milk) Jelly pots	Chocolate brownie (dairy, eggs, wheat) Fruit Yoghurts (milk) Jelly pots	Creamy rice pudding & fruit compote (dairy) Fruit Yoghurts (milk) Jelly pots	Carrot cake squares (wheat, dairy, eggs) Fruit Yoghurts (milk) Jelly pots	Cornflake cookies (wheat, egg, dairy) Fruit Yoghurts (milk) Jelly pots