

**Week Starting 11 Nov & 2 Dec** (apologies in advance: some changes may occur from time to time due to seasonal availability or unforeseen circumstances)  
Allergens **are in bold**

**Meat Free Monday 11 Nov / 2 Dec**

**Main:** home-made nut-free pesto pasta with baby new potatoes and fine green beans  
**Pud:** Home-made cinnamon and nutmeg rice pudding or fresh seasonal fruit  
**- milk - gluten**

**Tuesday 12 Nov / 3 Dec**

**Main:** home-made Milanese style, Panko, parmesan and Rosemary coated chicken fillets or home-made vegetarian patties  
**Sides:** cubed roasted potatoes, sweetcorn and/or peas  
**Pud:** fresh seasonal fruit  
**gluten - milk**

**Without Meat Wednesday 13 Nov / 4 Dec**

**Main:** home-made chickpea and cauliflower curry  
**Sides:** fluffy rice and steamed broccoli  
**Pud:** Greek yogurt and frozen berry fruit Fool or fresh seasonal fruit  
**- milk -**

**Thursday 14 Nov / 5 Dec**

**Main:** free-range pork chipolata/chicken sausage or veggie sausage  
**Sides:** pull apart hasselback potatoes, home-made baked beans or sweetcorn  
**Pud:** fresh seasonal fruit  
**gluten - milk**

**Friday 15 Nov / 6 Dec**

**Main:** Home-made Butter fish or chickpea curry  
**Sides:** fluffy rice, cucumber chunks and peas  
**Pud:** home-made frozen berry and apple oatly crumble, with optional whipped cream  
Allergens  
**milk - gluten**