

**Week starting 18 Nov & 9 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 18 Nov / 9 Dec**

**Main:** home-made roasted seasonal vegetable pasta sauce,  
served on top of a pile spaghetti  
**Sides:** roasted broccoli and optional parmesan sprinkles  
**Pud:** Home-made cinnamon and nutmeg rice pudding or fresh  
seasonal fruit  
**- milk - gluten**

**Tuesday 19 Nov / 10 Dec**

**Main:** home-made herby beef, lamb or bean Moroccan style  
meatballs in a thick tomato and carrot sauce  
**Sides:** couscous, steamed Savoy cabbage and cauliflower  
**Pud:** fresh seasonal fruit  
**gluten - milk**

**Without Meat Wednesday 20 Nov / 11 Dec**

**Main:** big pull apart Hassleback potato  
**Sides:** mozzarella and Cheddar cheese, tuna mayo, winter slaw,  
home-made baked beans and sweetcorn  
**Pud:** Greek yogurt and frozen berry fruit Fool or fresh  
seasonal fruit  
**- milk - gluten**

**Thursday 21 Nov / 12 Dec**

**Main:** home-made, honey and lime, sticky chicken or home-made  
sticky miso tofu  
**Sides:** sticky Jasmine rice, seasonal cabbage and peas  
**Pud:** fresh seasonal fruit

**Friday 22 Nov / 13 Dec**

**Main:** Panko coated and baked fresh, local fish  
**Sides:** roasted potato wedges and peas  
**Pud:** home-made ginger cake  
**- gluten -lupin- milk**