



# ELMGROVE AUTUMN LUNCH MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Halal/Non-Halal</b>	Cheese and Tomato Pizza with Wedges (G) (M)	Chicken Fajita with Tortilla Chips and Wholegrain Rice (G)	Traditional Roast Chicken with Roast Potatoes and Gravy	Lasagne served with Garlic Bread (G) (M)	Fish and Chips  (G) (F)
<b>Vegetarian</b>	Cheese, Paprika and Avocado Pizza with Wedges (G) (M)	Vegetable Fajita with Tortilla Chips and Wholegrain Rice. With Guacamole (G)	Quorn Fillets with Roast Potato and Gravy (G)	Mushroom Risotto (M)	Veggie Nuggets and Chips (G)
<b>Vegetables</b>	Baked Bean/Sweetcorn/ Seasonal Salad Selection	Sweetcorn & Peas/Seasonal Salad Selection	Broccoli & Carrots/Seasonal Salad Selection	Mixed Vegetables/Seasonal Salad Selection	Baked Beans Peas/Seasonal Salad Selection
<b>New Trial Pasta Option for Autumn Term 1</b>	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)
<b>Jacket Potato Option</b>	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Tuna Mayo / Cheese / Beans  (F) (M) (M)
<b>Desserts</b>	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Ice Cream (M)

Please note that food may contain Milk (M), Eggs (E), Wheat/Gluten (G), Fish(F), Pea (P), Soya (S), Gluten (G) Sesame Seeds (SS) – Before selecting your choice it is important to please check the allergen sheet on the school website to check what ingredients are in the recipes on the menu. This is to ensure that your child is not eating anything that they should not be eating.



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Halal/Non-Halal</b>	Salmon Fishcakes (G) (F)	Variety of Chicken Curry with Wholegrain Rice (G)	Traditional Roast Chicken with Roast Potatoes and Gravy	Italian Chicken Fusilli Pasta With Stonebaked Flatbread (G) (M)	Fish and Chips (G) (F)
<b>Vegetarian</b>	BBQ Traditional Vegetarian Sausage Roll (G) (F) (S)	Macaroni Cheese (G) (F)	Mediterranean Vegetable Paella with Sausage (G) (S)	Margarita Pizza with Wedges (G) (M)	Mozzarella Sticks and Chips (G) (M)
<b>Vegetables</b>	Peas / Seasonal Salad Selection	Vegetable Medley/ Seasonal Salad Selection	Farmhouse Mixed Vegetables/Seasonal Salad Selection	Sweetcorn & Carrot/Seasonal Salad Selection	Baked Beans & Peas Seasonal Salad Selection
<b>New Trial Pasta Option for Autumn Term 1</b>	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)
<b>Jacket Potato Option</b>	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Tuna Mayo / Cheese / Beans  (F) (M) (M)
<b>Desserts</b>	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Apple Crumble and Custard (G) (M)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Halal/Non-Halal</b>	Veggie Nuggets and Wedges (G)	Hoi Sin Chicken Noodles (S) (SS) (G)	Traditional Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken Pizza (G) (M)	Fish and Chips (G) (F)
<b>Vegetarian</b>	Falafel with Flatbread and Hummus (G)	Hoi Sin Vegetable Noodles (S) (SS) (G)	Vegetable Lasagne (G) (M)	Margarita Pizza (G) (M)	Butternut Squash and Chickpea Curry with Naan Bread (G)
<b>Vegetables</b>	Broccoli/Carrots	Green Beans /Sweetcorn	Cauliflower/Peas	Sweetcorn/Carrots	Peas/Baked Beans
<b>New Trial Pasta Option for Autumn Term 1</b>	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)
<b>Jacket Potato Option</b>	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Cheese / Beans  (M)	Jacket Potato with Tuna Mayo / Cheese / Beans  (F) (M) (M)
<b>Desserts</b>	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Chocolate Brownie (G) (M)

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