



Stoke Hill Federation Autumn 2024 Menu

M Main meal. V Vegetarian option. D Dessert.

Jacket potatoes are offered every day with a choice of filling from tuna mayo (8), cheese (2), baked beans or just plain.

Wholemeal bread, milk and water available daily.

Fresh fruit and yoghurts (2) available daily as a dessert alternative.

		Week 1		Week 2		Week 3	
Monday		<u>Meat Free Monday</u> Option 1: Margherita pizza (1, 2) Option 2: Spanish omelette (2, 3, 8) Served with wedges and seasonal vegetables D. Apple flapjack (1)		<u>Meat Free Monday</u> Option 1: Macaroni cheese with crusty bread (1, 2, 5) Option 2: Baked beans on toast (1, 5) Served with peas & sweetcorn (4) D. Sticky toffee pudding (1, 5, 8)		<u>Meat Free Monday</u> Option 1: Pasta with a choice of toppings (cheese, baked beans or tomato sauce) (1, 2) Option 2: Vegetable noodles (8) Served with mixed vegetables (4) D. Fresh fruit salad	
Tuesday		M. Beef bolognese (1, 5) V. Quorn bolognese (8, 9) Served with pasta, peas and sweetcorn (4) D. Lemon sponge (1, 5) and custard (3, 8)		M. Beef burger in a bap (1) V. Quorn chicken burger in a bap (1, 8) Served with potato wedges, mixed veg (4) or vegetable sticks D. Carrot cake (1, 5, 8)		M. Beef lasagne (1, 2, 3, 5) V. Vegetable lasagne (1, 4) Served with garlic bread, peas and sweetcorn (1, 4) D. Golden flapjack	
Wednesday		M. Toad in the hole (1, 8) V. Vegetarian toad in the hole (1, 4, 8) Served with roast potatoes, carrots, broccoli and gravy D. Fresh fruit salad		M. Roast turkey V. Roasted vegetable pie (1, 5) Served with roast potatoes, seasonal vegetables and gravy D. Fruit cocktail and ice cream (dairy free ice cream available)		M. Roast chicken V. Cheese & potato wheel (1, 2) Served with roast potatoes, carrots, green beans and gravy D. Fruit jelly	
Thursday		M. Caribbean chicken curry & rice V. Sweet potato & spinach curry & rice Served with a vegetable medley (4) D. Chocolate cracknell (3)		M. All day breakfast (5) pork sausage, bacon, hash brown & baked beans V. Vegetarian all day breakfast (4) vegetable sausage, hash brown & baked beans D. Iced sprinkle sponge (1, 5, 8)		M. Pork sausages (1, 5) V. Vegan Sausage (1, 4) Served with sauté potatoes, baked beans or optional vegetables (4) D. Chocolate sponge and chocolate sauce (1, 3, 5, 8)	
Friday		<u>Bag a lunch</u> M. Fish fingers (1, 7) V. Vegan nuggets (1, 4) Served with golden fries, vegetable sticks and ketchup D. Shortcake slice (1, 5)		<u>Bag a lunch</u> M. Battered chicken chunks (5) V. Cheese salad wrap (2, 5) Served with golden fries, vegetable sticks and ketchup D. Chocolate cookie (1, 5)		<u>Bag a lunch</u> M. Breaded white fish fillet (1, 5) V. Vegetable spring roll (5) Served with golden fries, vegetable sticks and ketchup D. Blueberry cookie (1, 5)	

Week	September			October			November				December						
Mon	1	2	3	1	2		2	3	1	2	3	1	2	3	1	2	3
Tues		9	16	23	30			7	14	21	4	11	18	25	2	9	16
Wed		10	17	24			1	8	15	22	5	12	19	26	3	10	17
Thu	4	11	18	25			2	9	16	23	6	13	20	27	4	11	18
Fri	5	12	19	26			3	10	17	24	7	14	21	28	5	12	19
	6	13	20	27			4	11	18	25	8	15	22	29	6	13	

Dairy Free and Wheat/Gluten Free options of the menu are always available.

Allergen Information

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| 1. Contains wheat | 2. Contains dairy | 3. Contains milk |
| 4. Contains peas | 5. Contains gluten | 6. Contains soya |
| 7. Contains fish | 8. Contains egg | 9. Contains barley |
| 10. Contains mustard | | |