



Menu November 2024

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| <p>Monday 04</p> | <p>Mediterranean 3 beans with chickpea, black and red beans with feta garlic & lemon</p> | <p>Buttered spaghetti served with fresh grated parmesan</p> <p>With a choice of.... Creamy carbonara sauce (GLE) Or Rich tomato & basil sauce (GE)</p> | <p>Flavoured jasmine rice</p> <p>Steamed fresh green beans</p> <p>Salad bar salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and pulses</p> | <p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p> |
| <p>Tuesday 05</p> | <p>Nachos with fresh homemade guacamole and sour cream</p> | <p>Chicken fajitas with mixed peppers, red & white onion, & sour cream (GL)</p> <p>Vegetable fajitas with grated cheese & sour cream (GL)</p> | <p>Sweet chilli spiced corn Grated cheddar cheese</p> <p>Salad bar as above</p> | <p>Seasonal hand cut fruit salad</p> |
| <p>Wednesday 06</p> | <p>Puy lentils with chorizo and onion soup</p> | <p>Grilled king clip with lemon & parsley oil (F)</p> <p>Grilled seitan with lemon & parsley oil (S)</p> | <p>Boiled baby potatoes with parsley Fresh steamed broccoli Alioli & lemon</p> <p>Salad bar as above</p> | <p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p> |
| <p>Thursday 07</p> | <p>Mildly spiced carrot & coriander soup</p> | <p>Grilled turkey with garlic, lemon & parsley & alioli</p> <p>Stuffed aubergines with pulses & vegetables (I)</p> | <p>Moroccan cous cous with raisins & dried cranberries</p> <p>Roasted mediterranean vegetables Salad bar as above</p> | <p>Jelly or Yoghurt & Seasonal hand cut fruit salad</p> |
| <p>Friday 08</p> | <p>Poppadoms with mango chutney & raita</p> | <p>Hake served in mild korma sauce & vegetables (LC)</p> <p>Stuffed courgettes with seitan & ratatouille (SC)</p> | <p>Fresh garden peas</p> <p>Salad bar same as above</p> | <p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p> |

Allergens key: L: Lactose F: Fish G: Gluten C: Celery S: Soya ★: Sulphite E: Eggs
P: Peanuts M: Mustard ◆: Crustacens N: Treenuts ■: Lupin ○: Molluscs §: Sesame

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| Monday 11 | Roasted honeyed carrot & pumpkin soup | Tuna pasta bake with tomato sauce & grated fresh parmesan (FLG) Veggie pasta bake with tomato sauce & grated fresh parmesan (LG) | Roasted cauliflower Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas | Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad |
| Tuesday 12 | Homemade goat`s cheese, leek & onion croquettes (LG) | Traditional warming Irish stew with carrots, celery, and locally sourced beef (C) Traditional warming Irish stew with carrots, celery, and turnips(C) | Creamy mashed potato Steamed flavoured carrots Salad bar as above | Seasonal hand cut fruit salad |
| Wednesday 13 | Free range egg frittata with spinach & cheddar cheese (EL) | ***MEAT FREE DAY*** Roasted sweet potato tacos with black beans, lime sour cream (LGE) | Flavoured rice Spinach & peas Salad bar as above | Homemade cereal bar (G) Seasonal hand cut fruit salad |
| Thursday 14 | Antipasti plate - local cheese, cured meats, crudités & grissini's (L) | Traditional meat & fish paella with chicken thighs, chorizo, merluza, rosada , onions peppers, green beans (EG ◆) Vegetarian paella (EG◆) | Green beans Alioli & fresh lemon Salad bar as above | Jelly or yoghurt & Seasonal hand cut fruit salad |
| Friday 15 | Spanish tomato & slow roasted red pepper soup | Grilled & Mexican spiced chicken fillet Burgers with BBQ Sauce, lettuce and tomato (GE) Veggie Burgers with lettuce, tomato and SANA BBQ Sauce (S) | Garlic Potato Wedges Corn on the Cob Salad Bar as above | Sweet treat! Seasonal hand cut fruit salad |

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| Monday 18 | Vegetable samosa with mango & coriander yoghurt (G) | Turkey fillets tikka massala style with hidden veg sauce Mildly spiced vegetable korma style curry | Basmati rice Steamed mixed vegetables Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas | Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad |
| Tuesday 19 | Sweet potato & pumpkin soup | Cajun grilled or fried hake Cajun & lemon grilled tofu with tomato salsa (S) | Steamed potatoes Fresh green garden peas Salad bar as above | Seasonal hand cut fruit salad |
| Wednesday 20 | Vegetable ceviche, with avocado, bell peppers, tomatoes, coriander and lime | Spaghetti served with classic bolognese sauce with Mediterranean vegetables (GCL) Soy spaghetti bolognese (GCS) | Rosemary roasted courgettes Salad bar as above | Homemade cereal bar (G) Seasonal hand cut fruit salad |
| Thursday 21 | Mini pita pizza with fresh tomato, basil & mozzarella | Crispy king clip or grilled king clip (FLG) Courgette & mozzarella tower (FL) | Handcut healthy oven potato wedges Creamy leeks Alioli & lemon Salad bar as above | Jelly or yoghurt & Seasonal hand cut fruit salad |
| Friday 22 | Creamy tomato & basil soup | Mixed lightly spiced jambalaya with fresh seasonal vegetables, chicken, chorizo & prawns (CM) Mixed vegetable jambalaya | Medley of fresh season steamed seasonal vegetables Salad bar as above | Sweet treat! Seasonal hand cut fruit salad |

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| Monday 25 | Antipasti plate - local cheese, cured meats, crudités & grissinis (L) | Cajun chicken tricolors pasta with leek, celery, garlic and cherry tomatoes (GLC) Cajun vegetable tricolors pasta leek, celery, garlic and cherry tomatoes [GLC] | Roasted Mediterranean vegetables with nut free pesto Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas | Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad |
| Tuesday 26 | Leek & Potato Soup | Grilled King clip in a Napolitana Sauce Grilled Halloumi with Napolitana Sauce (LC) | Cous cous Mixed Vegetables Salad Bar as above | Seasonal hand cut fruit salad |
| Wednesday 27 | Nachos with homemade guacamole | Mild Mexican ground Beef chilli con Carne with red beans, carrots, celery, red peppers (C) Soy Chili sin Carne with celery, red peppers red beans (SC) | Steamed Rice Sweetcorn Salad Bar as above | Homemade cereal bar (G) Seasonal hand cut fruit salad |
| Thursday 28 | Lentil soup with hearty greens | Grilled Norweigan Salmon with a light creamy dill Sauce (LC) Grilled Stuffed Courgettes with Chickpeas & Lentils, and creamy dill sauce | Steamed Potatoes Grilled cauliflower Salad Bar as above | Jelly or Yoghurt & Seasonal hand cut fruit salad |
| Friday 29 |  Traditional Russian Salad | RUSSIAN DAY!! Creamy & flavourful beef stroganoff, with onions and garlic, served with or without mushrooms |  Rice Steamed carrots Salad bar | Sweet treat! Seasonal hand cut fruit salad |



School Menu - November 2024



Available daily: Unlimited bread & Chef's salad of the day

| M | T | W | T | F |
|---|--|---|--|---|
| <p>4 Protein: 32g Fat: 12g Carbs: 68g Calories: 567</p> | <p>5 Protein: 31g Fat: 21g Carbs: 91g Calories: 592</p> | <p>6 Protein: 35g Fat: 14g Carbs: 80g Calories: 560</p> | <p>7 Protein: 26g Fat: 18g Carbs: 95g Calories: 638</p> | <p>8 Protein: 24g Fat: 16g Carbs: 72g Calories: 652</p> |
| <p>11 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p> | <p>12 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p> | <p>13 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p> | <p>14 Protein: 34g Fat: 28g Carbs: 99g Calories: 798</p> | <p>15 Protein: 26g Fat: 25g Carbs: 93g Calories: 792</p> |
| <p>18 Protein: 38g Fat: 9.7g Carbs: 96g Calories: 606</p> | <p>19 Protein: 25g Fat: 32g Carbs: 84g Calories: 805</p> | <p>20 Protein: 35g Fat: 31g Carbs: 97g Calories: 745</p> | <p>21 Protein: 34g Fat: 17g Carbs: 96g Calories: 740</p> | <p>22 Protein: 30g Fat: 22g Carbs: 106g Calories: 803</p> |
| <p>25 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p> | <p>26 Protein: 31g Fat: 29g Carbs: 94g Calories: 740</p> | <p>27 Protein: 32g Fat: 30g Carbs: 101g Calories: 746</p> | <p>28 Protein: 37g Fat: 17g Carbs: 77g Calories: 616</p> | <p>29 Protein: 29g Fat: 23g Carbs: 98g Calories: 720</p> |

Nutritional Information

★Where there is gluten or lactose on the menu we ALWAYS offer options WITHOUT gluten or lactose