

Weekly Menu: Shaw Autumn Winter Menu week 3 24/25

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Creamy Tomato & Meatballs	Cheese & Tomato Pizza	Roast chicken	Beef Burger	Fish Fingers
Creamy Tomato Quorn Balls	Potato Wedges	Roast Quorn Fillet	Potato Puff	Vegetable Fingers
Pasta	Chunky Quorn Chilli Tortilla Boat	Roast Potatoes	Tomato and Basil Pasta	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Tuna Mayo	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Cheese	Tuna Mayo
Baked Beans	Baked Beans	Cheese	Baked Beans	Baked Beans
	Pasta	Tuna Mayo	Pasta	Pasta
		Baked Beans	Tomato Ketchup	Tomato Ketchup
		Pasta		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Broccoli	Sweetcorn	Carrots	Mixed Vegetables	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Yoghurt	Vanilla Muffin	Fruit Jelly	Ice Cream	Spiced Orange Cake
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Allergens

Creamy Tomato & Meatballs:**Celery**; Creamy Tomato Quorn Balls :**Celery,Cereals containing gluten**; Pasta:**Cereals containing gluten,Mustard,Soya**; Jacket Potato with a Choice of Filling:**No allergens**; Cheese:**Milk**; Tuna Mayo:**Eggs,Fish**; Baked Beans:**No allergens**; Seasonal Salad Bar:**No allergens**; Fruit Yoghurt:**Milk**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Wholemeal Bread:**Cereals containing gluten,Soya**; Cheese & Tomato Pizza:**Celery,Cereals containing gluten,Eggs,Milk,Soya**; Potato Wedges :**No allergens**; Chunky Quorn Chilli Tortilla Boat:**Celery,Cereals containing gluten**; Sweetcorn:**No allergens**; Vanilla Muffin:**Cereals containing gluten,Eggs,Milk**; Roast chicken:**No allergens**; Roast Quorn Fillet:**Cereals containing gluten**; Roast Potatoes:**No allergens**; Yorkshire Pudding:**Cereals containing gluten,Eggs,Milk**; Gravy:**No allergens**; Carrots:**No allergens**; Fruit Jelly:**No allergens**; Beef Burger:**Cereals containing gluten**; Potato Puff:**No allergens**; Tomato and Basil Pasta:**Celery,Cereals containing gluten,Mustard,Soya**; Tomato Ketchup :**No allergens**; Mixed Vegetables:**No allergens**; Ice Cream:**Milk**; Fish Fingers:**Cereals containing gluten,Fish**; Vegetable Fingers:**Cereals containing gluten**; Chips:**No allergens**; Peas:**No allergens**; Spiced Orange Cake:**Cereals containing gluten,Eggs**