

Weekly Menu: Shaw Autumn winter menu week 1 24/25

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Sausage Cowboy Casserole	Cheese & Tomato Pizza	Roast chicken	Cottage Pie	Fish Fingers
Quorn Sausage Cowboy Casserole	Potato Cubes	Roast Quorn Fillet	Meat Free Sausage Roll	Cheesy wrap Stack
Rice	Roasted Tomato Vegetable pasta bake	Roast Potatoes	Mash Potatoes	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	Cheese	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
Baked Beans	Baked Beans	Cheese	Baked Beans	Baked Beans
Pasta	Pasta	Tuna Mayo	Pasta	Pasta
		Baked Beans		Tomato Ketchup
		Pasta		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Fresh Broccoli	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Berry Muffin	Fruit Jelly	Angel Delight	Carrot 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

Allergens

Sausage Cowboy Casserole: **Celery, Cereals containing gluten, Soya**; Quorn Sausage Cowboy Casserole: **Celery, Cereals containing gluten**; Rice: **No allergens**; Jacket Potato with a Choice of Filling: **No**

allergens; Cheese:**Milk**; Tuna Mayo:**Eggs, Fish**; Baked Beans:**No allergens**; Pasta:**Cereals containing gluten, Mustard, Soya**; Mixed Vegetables:**No allergens**; Seasonal Salad Bar:**No allergens**; Fruit Smoothie:**No allergens**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Cheese & Tomato Pizza:**Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Cubes:**Cereals containing gluten**; Roasted Tomato Vegetable pasta bake:**Celery, Cereals containing gluten, Mustard, Soya**; Fresh Broccoli:**No allergens**; Berry Muffin:**Cereals containing gluten, Eggs, Milk**; Roast chicken:**Celery**; 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**; Cottage Pie:**Celery**; Meat Free Sausage Roll:**Cereals containing gluten**; Mash Potatoes:**No allergens**; Sweetcorn:**No allergens**; Angel Delight:**Milk**; Fish Fingers:**Cereals containing gluten, Fish**; Cheesy wrap Stack:**Cereals containing gluten, Milk**; Chips:**No allergens**; Tomato Ketchup :**No allergens**; Peas:**No allergens**; Carrot cake:**Cereals containing gluten, Eggs**