



Autumn Menu

Week One

Tottenham

Week 1 06/09/21 – 27/09/21 – 18/10/21

Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Halal Chicken Meatballs with Pasta & Arrabiata Sauce	Cheesy Topped Chicken Fillet & Baked New Potatoes	Margherita Pizza with Baked Jacket Wedges	Chicken Flatbread with Wholegrain Rice	Fish Fingers & Chips
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise Grated Cheese Baked Beans (Ve) Salmon & Mayonnaise				
Main Meal Option Two	Mexican Quorn Fajitas With Wholegrain rice	Veggie Chickpea & Bean Curry & Wholegrain Rice	Jollof Rice & Beans (Ve)	Vegetable Flatbread With Wholegrain Rice	Lentil & Tomato Pasta (Ve)
Vegetables	Garden Peas	Broccoli	Sweetcorn	Carrots	Baked Beans
Dessert	Lemon Drizzle Cake or Fresh Fruit (Ve) or Yoghurt	Chocolate Crispy Cake with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt	Shortbread or Fresh Fruit (Ve) or Yoghurt	Fruit Sponge or Fresh Fruit (Ve) or Yoghurt	Sultana & Cherry Flapjack with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt

Available Daily

Freshly Baked bread

Packed Lunch Offer

Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least 50% fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are limited to once per week.





Autumn Menu

Week Two

Tottenham

Week 2 13/09/21 – 04/10/21

Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Halal Chicken Sausage with Mash & Gravy	Macaroni Cheese	Margherita Pizza with Baked Jacket Wedges	Halal Chicken with Wholegrain Rice	Crispy Battered Fish & Chips
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise Grated Cheese Baked Beans (Ve) Salmon & Mayonnaise				
Main Meal Option Two	Pasta with Tomato Sauce & Vegetable Sausages (Ve)	Lentil & Vegetable Tikka Curry with Wholegrain Rice (Ve)	Wholemeal Pizza Slice with Baked Potato Wedges	Sticky Barbecue Quorn with Wholegrain Rice (Ve)	Quorn & Vegetable Taco & Chips
Vegetables	Green Beans	Sweetcorn	Peas	Cauliflower	Baked Beans
Dessert	Shortbread & Fruit Wedges (Ve) or Fresh Fruit (Ve) or Yoghurt	Banana Traybake or Fresh Fruit (Ve) or Yoghurt	Lemon Drizzle Cake or Fresh Fruit or Yoghurt	Ginger Biscuit with Orange wedges (Ve) or Fresh Fruit (Ve) or Yoghurt	Chocolate Cookie (Ve) or Fresh Fruit (Ve) or Yoghurt

Available Daily
Freshly Baked Bread

Packed Lunch Offer

Menu Notes

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Autumn Menu

Week Three

Tottenham

Week 3 20/09/21 – 11/10/21

Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Lamb Burger in a Bun with Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Wholemeal Margherita Pizza Baked Jacket Wedges	Smoky Pulled Chicken Wrap & Potato Wedges	Fish Fingers & Chips
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise Grated Cheese Baked Beans (Ve) Salmon & Mayonnaise				
Main Meal Option Two	Veggie Burrito & Baked New Potatoes (Ve)	Veggie Chickpea & Bean Curry & Wholegrain Rice (Ve)	Veggie Keema Curry with Wholegrain Rice (Ve) or Tomato & Basil Pasta (Ve)	Vegetarian Pasta Carbonara & Garlic Bread	Veggie Sausage Hotdog, Chips & Tomato Sauce (Ve)
Vegetables	Sweetcorn	Green Beans	Garden Peas	Carrots	Baked Beans
Dessert	Apple Sponge or Fresh Fruit or Yoghurt	Chocolate Brownie or Fresh Fruit (Ve) or Yoghurt	Shortbread (Ve) or Fresh Fruit (Ve) or Yoghurt	Carrot Cake with Orange Wedges or Fresh Fruit (Ve) or Yoghurt	Ginger Biscuit (Ve) or Fresh Fruit or Yoghurt

Available Daily
Freshly Baked Bread
Packed Lunch Offer

Menu Notes

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