



Autumn 1 Menu

Week One

04/09/2023

Tottenham

Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Cheesy & Tomato Pizza with Herby Diced Potatoes	Mild Chicken Tikka & Mixed Rice	Filled Yorkshire Pudding with Savoury Mince & Roast Potatoes	Chicken Sausage Roll & Baked Wedges	Fish Fingers with Chips & Tomato Sauce
Jacket Potato Option	Freshly Baked Jacket Potato with: Tuna & Mayonnaise Grated Cheese - Baked Beans Salmon & Mayonnaise				
Vegetarian Option	Jacket Wedges with Baked Beans	Cheese & Tomato Pizza & Baked Wedges	Vegetable Sausage with Roast Potato & Gravy	Vegetable Sausage Roll & Baked Wedges	Macaroni Cheese
Pasta Option	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce
Vegetables	Sweetcorn & Mixed Vegetables	Garden Peas Cauliflower	Carrots Seasonal Greens	Baked Beans Sweetcorn	Baked Beans
Dessert	Flapjack Finger	Apple Sponge & Custard	Cornflake Tart	Jelly with Fruit	Chocolate Shortbread & Vanilla Ice Cream

Available Daily

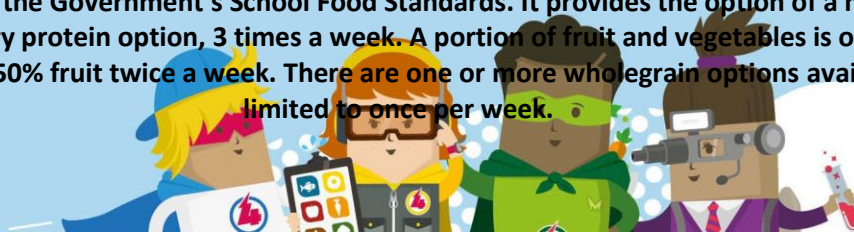
Fresh bread

Mixed Salad

Fresh Fruit

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 1 Menu

Week Two

11/09/2023

Tottenham

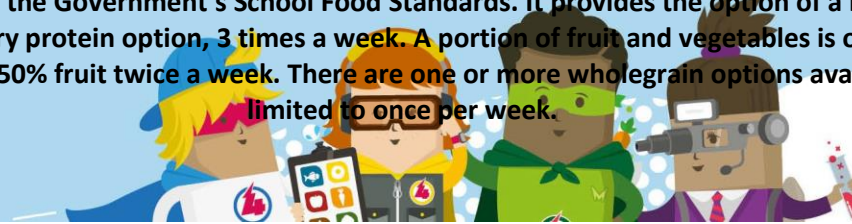
Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Rainbow Pizza, Herby Diced Potatoes	Pasta Bolognese	Chicken Sausage Toad in the Hole, Mashed Potato & Gravy	Chicken Tikka Curry, With Mixed Rice	Fish Fingers & Chips with Tomato Sauce
Jacket Potato Option	Freshly Baked Jacket Potato with: Tuna & Mayonnaise Grated Cheese - Baked Beans Salmon & Mayonnaise				
Vegetarian Option	Vegetable Korma with Mixed Rice	Veggie Meatballs & Potato Wedges	Vegetable Sausage Toad in the Hole, Mashed Potato & Gravy	Veggie Minced Pasta Bolognese & Garlic Bread	Veggie Chilli & Mixed Rice
Pasta Option	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with Cheese or Tomato Sauce
Vegetables	Sweetcorn Peas	Green Beans Carrots	Peas Cauliflower	Mixed Vegetables Sweetcorn	Baked Beans Peas
Dessert	Chocolate Cookie	Lemon Drizzle Cake & Custard	Sticky Banana Cake & Fruit Salad	Fruity Jam Sponge & Custard	Fruity Flapjack

Available Daily

Fresh Bread
Fresh Fruit &
Yoghurts

Menu Notes

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Autumn 1 Menu

Week Three

18/09/2023

Tottenham

Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Macaroni Cheese	Chicken Meatball & Mixed Rice	Roast Chicken with Mashed Potatoes & Gravy	Chicken Chilli & Mixed Rice	Fish Fingers with Chips & Tomato Ketchup
Jacket Potato Option	Freshly Baked Jacket Potato with: Tuna & Mayonnaise Grated Cheese - Baked Beans Salmon & Mayonnaise				
Vegetarian Option	Cheesy Bean Pitta & Baked Wedges	Veggie Mince Cottage Pie	Quorn Roast with Mashed Potato & Gravy	Cheese & Onion Quiche & Diced Potatoes	Bean Bake & Chips
Pasta Option	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce
Vegetables	Sweetcorn Salad	Mixed Vegetables Peas	Seasonal Greens Carrots	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Chocolate Banana Cake	Fruity Flapjack	Chocolate Brownie	Sticky Toffee Pudding & Custard	Shortbread with Madarins

Available Daily

Fresh Bread
Fresh Fruit &
Yoghurts

Menu Notes

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