

West Leigh Autumn Term Menu – Week 3
 16/09/24, 07/10/24, 04/11/24, 25/11/24, 16/12/24



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Meal	Homemade Macaroni Cheese M,G Garlic Bread G,SS,M	Pork Meatballs in Tomato Gravy CE, G, E, M, MU, SB, S	Chicken Nuggets CE, G, M, SB	Homemade Beef and Spaghetti Bolognese G	Cheese and Tomato Pizza with Tortilla Chips G,M
Main Vegetarian Meal V	Jacket Potato (Choose from Baked Beans VG , Cheese M , Tuna Mayo E, F)	Vegan Meatballs in Tomato Gravy G, VG	Vegetable Nuggets VG, G	Vegetable and Quorn Bolognese E	Vegan Pizza with Tortilla Chips VG
Alternative Option	Wholemeal Wrap with Tuna Mayonnaise G, E, F	Jacket Potato (Choose from Baked Beans VG , Cheese M , Tuna Mayo E, F)	Granary Baguette with Cheese G, M	Jacket Potato (Choose from Baked Beans VG , Cheese M , Tuna Mayo E, F)	Wholemeal Wrap with Salmon and Sweetcorn ✓ G, F
Accompaniments	Coleslaw E Salad Bar	Vegetable Rice Green Beans Salad Bar	Curly Fries G Spaghetti Hoops G Salad Bar	Coleslaw E Salad Bar	Homemade Coleslaw E Salad Bar
Dessert	Fresh Fruit Yoghurt M Raspberry Mousse M	Fresh Fruit Yoghurt M Chocolate Cherry Cake G, E	Fresh Fruit Yoghurt M Cornflake Cake G	Fresh Fruit Yogurt M Fruit Biscuit G	Fresh Fruit Yogurt M Fruity Jelly

Gluten free and other dietary needs available on request

Wholemeal Bread **G** available daily

Allergens Key

Celery	Cereals gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CE	G	CR	E	F	L	M	Mol	MU	N (tree)	P	SS	SB	S

VG = Vegan Friendly V= Vegetarian