

Carleton Endowed CE Primary School

Additional options available please ask your cook.

Fresh fruit & yoghurt served with every meal!



If your child has an allergy or special dietary requirements, please inform the school and our catering team so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.

= Vegetarian

- Celery
- Fish
- Crustaceans
- Eggs
- Soya
- Milk
- Nuts
- Sesame Seeds
- Sulphur Dioxide
- Mollusc
- Mustard
- Peanuts
- Lupin
- Cereals
- Containing Gluten



Don't forget to turn the page to see the Autumn Term's upcoming promotions, competition, nutritional good-to-know, and meet our new Catering Mascot!

# AUTUMN 2022 MENU

## WEEK 1

Served w/c 5th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec.

## WEEK 2

Served w/c 12th Sept, 3rd Oct, 31st Oct, 21st Nov, 12th Dec.

## WEEK 3

Served w/c 19th Sept, 10th Oct, 7th Nov, 28th Nov.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li> Creamy Macaroni Cheese</li> <li> Veggie Sausage &amp; Bean Bake</li> <li>Broccoli &amp; Sweetcorn</li> <li>Homemade Garlic Bread</li> <li>Banana Mousse</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burger in a Bun</li> <li> Veggie Burger in a Bun</li> <li>Diced Potatoes</li> <li>Winter Slaw &amp; Mixed Salad</li> <li>Apple Crumble &amp; Custard</li> </ul>	<ul style="list-style-type: none"> <li>Roast Gammon</li> <li> Pea-ter Croquette</li> <li>Gravy</li> <li>Baked Baby Potatoes</li> <li>Carrots &amp; Savoy Cabbage</li> <li>Crusty Bread</li> <li>Fruity Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Korma &amp; Rice</li> <li> Roasted Vegetable Pasta</li> <li>Peas &amp; Sweetcorn</li> <li>Naan Bread</li> <li>Cheese &amp; Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers</li> <li> Vegetable Fritata</li> <li>Ketchup</li> <li>Veggie Sticks</li> <li>Homemade 50/50 Bread</li> <li>Winter Berry Bake &amp; Custard</li> </ul>
<ul style="list-style-type: none"> <li> Cheese &amp; Tomato Pasta with Seeded Bread</li> <li> Chili Pita Pocket with Baked Potato Wedges</li> <li>Grated Carrot &amp; Cucumber Sticks</li> <li>Oatie Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Tortilla Boats</li> <li> Sweet Potato &amp; Winter Vegetable Curry &amp; Naan Bread</li> <li>Vegetable Rice</li> <li>Carrots &amp; Broccoli</li> <li>Jelly &amp; Ice-cream</li> </ul>	<ul style="list-style-type: none"> <li>Roast Pork with Apple Sauce</li> <li> Vegetable Sausages</li> <li>Gravy</li> <li>Creamy Mashed Potato</li> <li>Roasted Parsnips &amp; Green Beans</li> <li>Homemade Wholemeal Bread</li> <li>Cheese &amp; Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs &amp; Pasta</li> <li> Cheesy Leek &amp; Potato Bake</li> <li>Green Beans &amp; Cauliflower</li> <li>Homemade Garlic Bread</li> <li>Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Battered Fish</li> <li> Vegetable Sausage Roll</li> <li>Ketchup</li> <li>Chips</li> <li>Peas &amp; Sweetcorn</li> <li>Homemade 50/50 Bread</li> <li>Chocolate Orange Sponge &amp; Chocolate Sauce</li> </ul>
<ul style="list-style-type: none"> <li> Dippers</li> <li> Cheese &amp; Onion Roll</li> <li>Baked Potato Wedges</li> <li>Ketchup</li> <li>Grated Carrot &amp; Cucumber Sticks</li> <li>Herby Bread</li> <li>Fruity Jam Sandwich &amp; Custard</li> </ul>	<ul style="list-style-type: none"> <li>All Day Breakfast</li> <li> Veggie All Day Breakfast</li> <li>Homemade 50/50 Bread</li> <li>Chocolate Crispie</li> </ul>	<ul style="list-style-type: none"> <li>Roast Chicken &amp; Yorkshire Pudding</li> <li> Veggie Bites &amp; Yorkshire Pudding</li> <li>Gravy</li> <li>Creamy Mashed Potato</li> <li>Autumnal Medley of Veg</li> <li>Sliced Wholemeal Bread</li> <li>Rice Pudding &amp; Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti Bolognese</li> <li> Loaded Potato Skins</li> <li>Peas &amp; Sweetcorn</li> <li>Homemade Garlic Bread</li> <li>Chocolate Berry Brownie</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Fish Taco/Wrap</li> <li> Pizza</li> <li>Chips</li> <li>Winter Slaw</li> <li>Lemon Shortcake</li> </ul>

