WEEK 1

Dragon's Diner @ Littlegarth

Autumn Term Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30-08:00)		A Selection of Cereals; Wholemeal Toast (G), Milk, Natural Yoghurt (M) and Fresh Fruit				
Lunch	MAIN OPTIONS	Chilli Con Carne with Braised Rice, Broccoli Florets, Nachos & Sour Cream (M) No meat? Vegetable Bean Chilli (G, E, SD)	Chicken Casserole with Herby New Potatoes, Green Beans & Carrots No meat? Lentil and Mixed Vegetable Cottage Pie (M)	Beef Lasagne with Garlic Bread & Sweetcorn (G, M) No meat? Vegetarian Lasagne (G, E, M)	Roasted Chicken with Yorkshire Pudding (G, E, M), Roast Potatoes, Chunky Carrots, Cauliflower Florets & Gravy (G, S) No meat? Quorn Roast (E, M)	Chunky Cod Fish Fingers with Chips, Peas & Mixed Salad (F, G, MU) No meat? Vegetable Fingers (G)
		OR	OR	OR	OR	OR
		Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings, baked beans, and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings, baked beans, and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar
	DESSERT	Pear and Ginger Crumble (G) with Cream (M)	Lemon & Sultana Oatcakes (G, E)	Apple & Cinnamon Sponge (G, E) with Custard (M)	Fresh Fruit Platter	Banana Bread with Greek Yoghurt (E, G)
		OR	OR	OR	OR	OR
		Fresh Fruit with Greek Yoghurt (M)	Fresh Fruit with Greek Yoghurt (M)	Fresh Fruit with Greek Yoghurt (M)	Fresh Fruit with Greek Yoghurt (M)	Fresh Fruit with Greek Yoghurt (M)
Light Tea (17:45-18:30)		Wholemeal Wraps (G, S), Cucumber Sticks, Unsweetened Yoghurt (M) and Fresh Fruit				

Alternatives provided for dishes with allergens

ALLERGEN KEY

Allergens are contained within brackets, may contain in italics

Celery (CE) · Cereals containing Gluten (G) · Crustaceans (CR) · Eggs (E) · Fish (F) · Lupin (L) · Milk (M) · Molluscs (MO) · Mustard (MU) · Nuts (N) · Peanuts (P) · Sesame Seeds (SS) · Soya (S) · Sulphur Dioxide (SD)

WEEK 2

Dragon's Diner @ Littlegarth

Autumn Term Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30-08:00)		A Selection of Cereals; Wholemeal Toast (G), Milk, Natural Yoghurt (M) and Fresh Fruit				
Lunch	MAIN OPTIONS	Pork & Carrot Meatballs with Wholemeal Pasta (G), Grated Cheddar (M), Sweetcorn and Petit Pois No meat? Plant-Based Meatballs (S, G) OR Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings, baked beans, and salad bar	Chicken Shawarma served with a Flatbread, Peppers & Mixed Salad (G) No meat? Vegetarian Shawarma (E) OR Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar	Macaroni Cheese served with Peas and Sweetcorn (G, M, SD, MU) No meat? Macaroni Cheese (G, M) OR Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings, baked beans, and salad bar	Roasted Loin of Pork with Yorkshire Pudding (G, E, M), Roast Potatoes, Chunky Carrots, Cauliflower Florets & Gravy (G, S) No meat? Vegetarian Sausages (S) OR Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar	Breaded Chicken Fillet Burger with Chips, Peas, and Mixed Salad (G, S, CE) No meat? Mozzarella and Pesto Escalopes (G, E, M) OR Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar
	DESSERT	Greek Yoghurt Raspberry Fool (M) OR Fresh Fruit with Greek Yoghurt (M) and Toppings	Rice Pudding (M) with Fruit Coulis OR Fresh Fruit with Greek Yoghurt (M) and Toppings	Apple Wholemeal Crumble (G) with Cream (M) OR Fresh Fruit with Greek Yoghurt (M) and Toppings	Winter Berry Sponge (G, E) with Custard (M) OR Fresh Fruit with Greek Yoghurt (M) and Toppings	Greek Yoghurt with Fresh Fruit Toppings (M)
Light Tea (17:45-18:30)		Wholemeal Wraps (G, S), Cucumber Sticks, Unsweetened Yoghurt (M) and Fresh Fruit				

Alternatives provided for dishes with allergens

ALLERGEN KEY

Allergens are contained within brackets, may contain in italics

- Celery (CE)
- Cereals containing Gluten (G)
- Crustaceans (CR)
- Eggs (E)
- Fish (F)
- Lupin (L)
- Milk (M)
- Molluscs (MO)
- Mustard (MU)
- Nuts (N)
- Peanuts (P)
- Sesame Seeds (SS)
- Soya (S)
- Sulphur Dioxide (SD)

WEEK 3

Dragon's Diner @ Littlegarth

Autumn Term Lunch Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (07:30-08:00)		A Selection of Cereals; Wholemeal Toast (G), Milk, Natural Yoghurt (M) and Fresh Fruit				
Lunch	MAIN OPTIONS	Chicken Korma (M) with Rice, Green Beans, Mini Naan (G) and Mango Chutney No meat? Plant Based Korma (E, M)	Build-your-own Wholemeal Pizza (G, M) with Mixed Salad, Corn on the Cob and a Choice of Toppings	Beef Bolognese with Spaghetti (G), Sweetcorn, Peas and Grated Cheddar (M) No meat? Vegetarian Ragu with Spaghetti (E, G)	Roasted Turkey with Yorkshire Pudding (G, E, M), Roast Potatoes, Chunky Carrots, Broccoli Florets & Gravy (G, S) No meat? Quorn Roast (E, M)	Butchers Sausages (SD) with Chips and Baked Beans (G, S) No meat? Vegetarian Sausages (S)
		OR	OR	OR	OR	OR
		Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings, baked beans, and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings, baked beans, and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar	Jacket, Wrap (G, S) or Baguette (G, SS) with a choice of fillings and salad bar
	DESSERT	Fruity Flapjack	Fresh Fruit Salad with Fruit Puree	Low Sugar Chocolate Brownie (E, G, S)	Baked Apples with Custard (M)	Frozen Yoghurt (M)
		OR	OR	OR	OR	OR
		Fresh Fruit with Greek Yoghurt (M) and Toppings	Fresh Fruit with Greek Yoghurt (M) and Toppings	Fresh Fruit with Greek Yoghurt (M) and Toppings	Fresh Fruit with Greek Yoghurt (M) and Toppings	Fresh Fruit with Greek Yoghurt (M) and Toppings
Light Tea (17:45-18:30)		Wholemeal Wraps (G, S), Cucumber Sticks, Unsweetened Yoghurt (M) and Fresh Fruit				

Alternatives provided for dishes with allergens

ALLERGEN KEY

Allergens are contained within brackets, may contain in italics

- Celery (CE)
- Cereals containing Gluten (G)
- Crustaceans (CR)
- Eggs (E)
- Fish (F)
- Lupin (L)
- Milk (M)
- Molluscs (MO)
- Mustard (MU)
- Nuts (N)
- Peanuts (P)
- Sesame Seeds (SS)
- Soya (S)
- Sulphur Dioxide (SD)