WEEK 1

Little 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
	DESSERT	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



WEEK 2

Little 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)	Chicken Shawarma served with a Flatbread, Peppers & Mixed Salad (G) No meat? Vegetarian Shawarma (E)	Macaroni Cheese served with Peas and Sweetcorn (G, M, SD, MU) No meat? Macaroni Cheese (G, M)	Roasted Loin of Pork with Yorkshire Pudding (G, E, M), Roast Potatoes, Chunky Carrots, Cauliflower Florets & Gravy (G, S) No meat? Vegetarian Sausages (S)	Breaded Chicken Fillet Burger with Chips, Peas, and Mixed Salad (G, S, CE) No meat? Mozzarella and Pesto Escalopes (G, E, M)
		OR	OR	OR	OR	OR
	DESSERT	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)

WEEK 3

Little 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
	DESSERT	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)