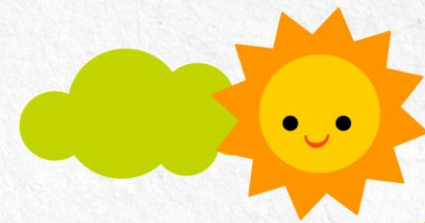







Week 1

# Betty Layward Primary School

## Autumn Menu

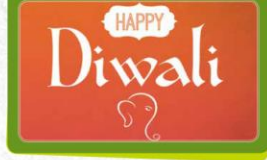


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef bolognaise (none) 	Breaded chicken strips (E,G) 	Roast turkey with stuffing and gravy (G) 	Salt and pepper Chicken Thighs (none) 	Baked breaded fish fillet (F,G)
VEGETARIAN MAIN MEAL	Veggie mince bolognaise (G,E,So)	Spinach, potato and onion baked omelette (E,Mk)	Veggie tagine with fluffy cous cous (G)	Roasted pepper, courgette, onion and cheddar quiche (Mk,E,G)	<b>Vegetable burger in a sesame seed bun</b> (Se,G)
CARBOHYDRATE	Spaghetti (G,E)	Crispy potato wedges	Roasted potatoes	New Potatoes	Baked oven chips
VEGETABLES	Sweetcorn ... Broccoli florets	Coleslaw (Mu,Mk,E) ... Green beans	Carrots ... Roasted root vegetables	Coleslaw (Mu,Mk,E) ... Courgette	Peas ... Baked beans
DESSERT	Jam sponge pudding and custard (Mk,E,G)	Nutless Bakewell tart (Mk,E,G)	Fruit of the month dessert 	Mixed fruit cobbler with custard (Mk,G)	Chocolate chip cookie (So,Mk,E,G)

SEP 21<sup>ST</sup>



OCT 19<sup>TH</sup>



NOV 3<sup>RD</sup>



DECEMBER



Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.  
For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 1 menu commencing: 4 September, 25 September, 16 October, 6 November, 27 November 18 December

**LOOK OUT!**  
ALLERGENS

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten  
L = Lupin

Mk = Milk  
Mo = Molluscs  
Mu = Mustard

N = Nuts  
P = Peanuts  
Se = Sesame Seeds

So = Soya  
Su = Sulphur Dioxide

 = Reduced sugar

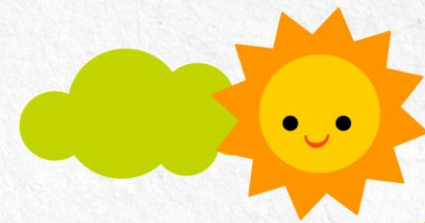




Week 2

# Betty Layward Primary School

## Autumn Menu

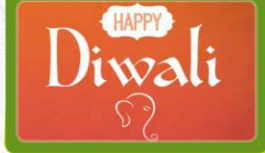


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Lamb Rogan Josh and mango chutney (none) 	Halal chicken sausage with mash (Su,Mk,G,E) 	Roast beef with Yorkshire pudding and gravy (Mk,E,G) 	Turkey pie with puff pastry (Ce,G,Mk,Su) 	Baked fish fillet in a crispy crumb with tartare sauce (F,Mu,E,G)
VEGETARIAN MAIN MEAL	Mild vegetable curry (none)	Vegetarian sausages with veggie gravy (So,G)	Potato, cheese and onion puff pastry pie (Mk,E,G)	Vegetarian and potato pie with shortcrust pastry (Mk,Su,G,Ce)	Mixed bean and rice burrito (Mu,Mk,G)
CARBOHYDRATE	Wholegrain saffron rice	Creamy mashed potatoes (Mk)	Roasted potatoes	Crushed new potatoes (Mk)	Baked oven chips
VEGETABLES	Carrots ... Broccoli	Cauliflower ... Green beans	Green Cabbage ... Sweetcorn	Green beans ... Carrots	Baked Beans ... Garden peas
DESSERT	Berry fruit crumble with custard (G,Mk)	Baked pear and chocolate sponge with chocolate sauce (Mk,E,G)	Fruit of the month dessert 	Bread and butter pudding and custard (Su,So,Mk,E,G)	Warm sultana flapjack (Mk,G)

SEP 21<sup>ST</sup>



OCT 19<sup>TH</sup>



NOV 3<sup>RD</sup>



DECEMBER



Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 2 menu commencing: 11 September, 2 October, 13 November, 4 December

**LOOK OUT!**  
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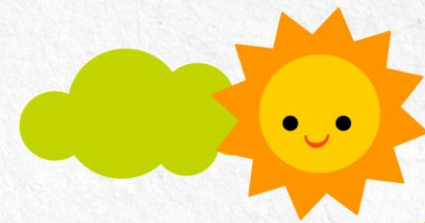




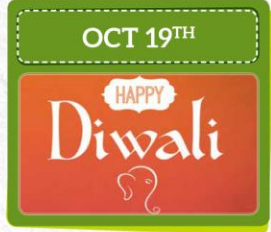
Week 3

# Betty Layward Primary School

## Autumn Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef chilli con carne (Mu)	Turkey enchiladas in tomato sauce (Mu,Mk,G)	Roast chicken with gravy and stuffing (G)	Farm assured beef lasagne (Mk,E,G)	Cod fish fingers (F,G)
VEGETARIAN MAIN MEAL	Veggie minced chilli con carne (G,Ce,Mu,So)	Vegetable quesadilla (Mu,Mk,G)	Courgette, tomato and butter bean crumble (Mk,G,Ce,Su)	Mediterranean vegetable lasagne (G,Mk,E)	Pitta pockets with roasted vegetables & chickpeas (Mk,Mu,G)
CARBOHYDRATE	Steamed rice	Spicy wedges (Mu)	Roasted potatoes	Garlic bread (G,Mk)	Baked oven chips
VEGETABLES	Carrots ... Roasted vegetables	Sweetcorn ... Green beans	Broccoli florets ... Carrots	Sweetcorn ... Braised red cabbage	Garden peas ... Baked beans
DESSERT	Baked apple crumble with oat crumb (Mk,G)	Jamaican ginger cake (Mk,E,G)	Fruit of the month dessert	Lemon and lime citrus sponge pudding with lemon sauce (Mk,E,G)	Pineapple upside down cake (Su,Mk,E,G)



Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.  
For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 4 menu commencing: 18 September, 9 October, 30 October 20 November 11 December

### LOOK OUT! ALLERGENS

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