



# Autumn Term Menu

## Putteridge Primary Pantry



<b>Week 1 Menu</b> w/c – Thurs 3 <sup>rd</sup> September, Mon 21 <sup>st</sup> September, 12 <sup>th</sup> October, 9 <sup>th</sup> November, 30 <sup>th</sup> November	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Red Menu</b>	<b>Baked Butchers Pork sausages</b> (gluten/sulphur dioxide)	<b>Chicken and broccoli (wholemeal and white) pasta bake</b> (dairy/gluten)	<b>Beef chili in a homemade sauce</b>	<b>Sweet &amp; sour chicken</b>	<b>Omega 3 fish fingers</b> (gluten/fish)
<b>Green Menu</b>	<b>Baked Vegetarian sausages</b> (soya)	<b>Cheese and broccoli (wholemeal and white) pasta bake</b> (dairy/gluten)	<b>Vegan mince chili in a homemade sauce</b> (soya)	<b>Sweet &amp; sour Quorn</b> (eggs/gluten)	<b>Home-made cheese pizza</b> (gluten/dairy/soya)
<b>Yellow Menu</b>	<b>Tuna pasta pot</b> (gluten/fish)	<b>Jacket potato with cheese</b> (dairy)	<b>Jacket potato with vegan chili</b> (soya)	<b>Tuna mayonnaise wrap</b> (fish/gluten)	<b>Jacket potato with baked beans</b>
<b>Starchy food</b> Also provided – 50/50 bread every day of the week (soya/gluten)	<b>Sweet potato fries</b>	<b>Homemade garlic bread</b> (gluten/soya)	<b>Savoury Rice</b> (white and wholemeal mix)	<b>Noodles</b> (gluten/eggs)	<b>Oven chips or Pasta (white and wholemeal mix)</b> (gluten)
<b>Vegetables</b> Daily Salad bowl	<b>Peas</b>	<b>Carrots</b>	<b>Sweetcorn</b>	<b>Carrots</b>	<b>Sweetcorn</b>
<b>Dessert</b>	<b>Berry fruit jelly pot</b>  <b>Healthy balance yoghurt</b> (dairy)  <b>Fresh fruit</b>	<b>Berry fruit jelly pot</b>  <b>Healthy balance yoghurt</b> (dairy)  <b>Fresh fruit</b>	<b>Berry fruit jelly pot</b>  <b>Healthy balance yoghurt</b> (dairy)  <b>Fresh fruit</b>	<b>Berry fruit jelly pot</b>  <b>Healthy balance yoghurt</b> (dairy)  <b>Fresh fruit</b>	<b>Fresh fruit</b>

Our meals are prepared daily by our dedicated kitchen team. All meat is farm assured and meets welfare standards. We use locally sourced foods products and suppliers where possible, (subject to availability). We use free range eggs on a daily basis. Putteridge Primary Pantry is a 'not for profit' School Company run by the school.



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<b>Week 2 Menu</b> w/c – Monday 7 <sup>th</sup> September, 28 <sup>th</sup> September, 19 <sup>th</sup> October, 16 <sup>th</sup> November, 7 <sup>th</sup> December	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Red Menu</b>	Salmon and broccoli pasta bake (fish/gluten/dairy)	Chicken pie with gravy (dairy/gluten/eggs)	Beef bolognese in a homemade sauce	Homemade chicken curry	Omega 3 fish fingers (gluten/fish)
<b>Green Menu</b>	Broccoli and cheese pasta bake (dairy/gluten)	Vegan sausage roll (gluten)	Vegan bolognese in a homemade sauce (soya)	Homemade Quorn curry (gluten/mustard)	Home-made cheese pizza (gluten/dairy/soya)
<b>Yellow Menu</b>	Jacket potato with cheese (dairy)	Tuna pasta pot (white and wholemeal mix) (gluten/fish)	Jacket potato with cheese (dairy)	Tuna mayonnaise wrap (fish/gluten)	Jacket potato with baked beans
<b>Starchy food</b> Also provided – 50/50 bread every day of the week (soya/gluten)	Homemade garlic bread (gluten/soya)	New potatoes	Pasta (white and wholemeal mix) (gluten)	Rice (white and wholemeal mix)	Oven chips or Pasta (white and wholemeal mix) (gluten)
<b>Vegetables</b> Daily Salad bowl	Peas	Broccoli	Sweetcorn	Corn on the cob	Sweetcorn
<b>Dessert</b>	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Berry fruit jelly pot Healthy balance yoghurt (milk) Fresh fruit	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Fresh fruit

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<b>Week 3 Menu</b> w/c – Monday 14 <sup>th</sup> September, 5 <sup>th</sup> October, Tuesday 3 <sup>rd</sup> November, Monday 23 <sup>rd</sup> November, 14 <sup>th</sup> December	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Red Menu</b>	Baked Butchers Pork sausage (gluten/sulphur dioxide)	Chicken pasta bake (white and wholemeal mix) (gluten/dairy)	Roast chicken with gravy and a Yorkshire pudding (gluten/dairy/eggs)	Fresh beef meatballs in a homemade tomato	Omega 3 fish fingers (gluten/fish)
<b>Green Menu</b>	Falafel balls (gluten)	Macaroni cheese (white and wholemeal mix) (gluten/dairy/mustard)	Roast Quorn with gravy and a Yorkshire pudding (gluten/dairy/eggs)	Vegan meatballs in a homemade tomato (soya)	Home-made cheese pizza (gluten/dairy/soya)
<b>Yellow Menu</b>	Tuna pasta pot (white and wholemeal mix) (gluten/fish)	Cheese wrap (dairy/gluten)	Jacket potato with baked beans	Tuna and chickpea pasta pot (white and wholemeal mix) (fish/gluten)	Jacket potato with baked beans
<b>Starchy food</b> Also provided – 50/50 bread every day of the week (soya/gluten)	Sweet potato fries	Homemade garlic bread (gluten/soya)	New potatoes	Rice (white and wholemeal mix)	Oven chips or Pasta (white and wholemeal mix) (gluten)
<b>Vegetables</b> Daily Salad bowl	Sweetcorn	Peas	Cauliflower	Corn on the cob	Sweetcorn
<b>Dessert</b>	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Berry fruit jelly pot Healthy balance yoghurt (dairy) Fresh fruit	Fresh fruit

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