



Autumn Term Menu

Putteridge Primary Pantry



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

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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Week 2 Menu w/c – Monday 7 th September, 28 th September, 19 th October, 16 th November, 7 th December	Monday	Tuesday	Wednesday	Thursday	Friday
Red Menu	Salmon and broccoli pasta bake (fish/gluten/dairy/red lentils)	Chicken pie with gravy (dairy/gluten/eggs)	Beef bolognese in a homemade sauce (kidney beans)	Homemade chicken curry (chickpeas)	Omega 3 fish fingers (gluten/fish)
Green Menu	Broccoli and cheese pasta bake (dairy/gluten/red lentils)	Vegan sausage roll (gluten)	Vegan bolognese in a homemade sauce (soya/kidney beans)	Homemade Quorn curry (gluten/mustard/chickpeas)	Home-made cheese pizza (gluten/dairy/soya)
Yellow Menu	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
Starchy food 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)
Vegetables Daily Salad bowl	Peas	Broccoli	Sweetcorn	Corn on the cob	Sweetcorn
Dessert	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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Week 3 Menu w/c – Monday 14 th September, 5 th October, Tuesday 3 rd November, Monday 23 rd November, 14 th December	Monday	Tuesday	Wednesday	Thursday	Friday
Red Menu	Baked Butchers Pork sausage (gluten/sulphur dioxide)	Chicken pasta bake (white and wholemeal mix) (gluten/dairy/red lentils)	Roast chicken with gravy and a Yorkshire pudding (gluten/dairy/eggs)	Fresh beef meatballs in a homemade tomato (chickpeas)	Omega 3 fish fingers (gluten/fish)
Green Menu	Falafel balls (gluten)	Macaroni cheese (white and wholemeal mix) (gluten/dairy/mustard/red lentils)	Roast Quorn with gravy and a Yorkshire pudding (gluten/dairy/eggs)	Vegan meatballs in a homemade tomato (soya/chickpeas)	Home-made cheese pizza (gluten/dairy/soya)
Yellow Menu	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
Starchy food 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)
Vegetables Daily Salad bowl	Sweetcorn	Peas	Cauliflower	Corn on the cob	Sweetcorn
Dessert	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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