

Linwood Campus Autumn Term1 Week 6	Monday 13th October	Tuesday 14th October	Wednesday 15th October	Thursday 16th October	Friday 17th October
Main	Cottage Pie (v)    	Meatballs (Pork) in tomato and basil sauce    	Ham, Egg and Chips  	Beef Stew with dumplings  	Option 1 Fish Fingers Option 2 Fishcakes    
Vegetarian	Soup and Pizza Bread   	Veggie Sausage in tomato and basil sauce    	Veggie Roast, Egg and Chips   	Macaroni Cheese bake   	Vegetarian fingers 
Soft	Cottage Pie (v)   	Meatballs (Pork) in tomato and basil sauce    	Ham Roast 	Beef Stew with potatoes 	White Fish with Parsley sauce, vegetables and potatoes   
Gluten Free Option	1 GF Cottage Pie 2 Soup & GF garlic bread  	GF Meatballs in tomato and basil sauce with GF garlic bread   	Ham, Eggs and Chips  	GF Beef Stew with GF Crusty Bread 	GF Fish fingers 
Dairy Free Option	1 DF Cottage Pie 2 Soup & DF garlic bread   	DF Meatballs in tomato and basil sauce with DF garlic bread   	Ham, Eggs and Chips  	DF Beef Stew with DF Dumplings  	DF Fish fingers  
Jacket Potatoes	Option 1 Cheese Option 2 Cheese and Beans 	Option 1 Cheese Option 2 Tuna Mayo   	Option1 Cheese (with/out Ham) Option 2 Tuna Mayo    	Option 1 Cheese Option 2 Tuna mayo   	Option 1 Cheese Option 2 Cheese and Beans 
Served With	Vegetables	Vegetables and garlic bread 	Vegetables	Vegetables	Salad, baked beans and oven baked potato wedges

													
Soybean	Celery	Crustaceans	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Peanut	Sesame	Sulphur Dioxide	Treenuts

NB Allergens highlighted include all possible allergens for that days options