

| Springwood Campus<br>Autumn Term 1<br>Week 2 | Monday<br>15th September                                                                                                                                                                                                                                                                                                                                                  | Tuesday<br>16th September                                                                                                                                                                                                                                                                                  | Wednesday<br>17th September                                                                                                                                                                                                                                                                                                                                        | Thursday<br>18th September                                                                                                                                                                                                                                                                                               | Friday<br>19th September                                                                                                                                                                                                                                                                                                                                                                       |
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| Main                                         | Chilli Enchiladas (v) and rice<br>    | Halal Chicken curry and rice<br>                                                                                                     | Halal Herby Chicken                                                                                                                                                                                                                                                                                                                                                | Halal Chicken Sausage<br>                                                                                                                          | Option 1 Fish Fingers<br>Option 2 Fishcakes<br>    |
| Vegetarian                                   | Tomato and basil pasta with<br>garlic bread<br>                                                                        | Veggie curry and rice<br>                                                                                                            | Veggie Fritters<br>    | Veggie Sausage<br>                                                                                                                                 | Vegetarian fingers<br>                                                                                                                                                                                                                                                                                      |
| Gluten Free Option                           | GF Enchiladas (v) and rice<br>                                                                                      | GF Halal Chicken curry and<br>rice with GF Naan Bread<br>                                                                          | GF Halal Herby Chicken with<br>GF gravy                                                                                                                                                                                                                                                                                                                            | GF Pork Sausage<br>                                                                                                                              | GF Fish fingers<br>                                                                                                                                                                                                                                                                                        |
| Dairy Free Option                            | DF Tomato and basil with<br>garlic bread<br>                                                                                                                                                        | DF Halal Chicken curry and<br>rice with DF Naan Bread<br>                                                                        | DF Halal Herby Chicken                                                                                                                                                                                                                                                                                                                                             | DF Halal Chicken Sausage<br>with DF mashed potatoes<br>   | DF Fish fingers<br>                                                                                                                                                                                                  |
| Jacket Potatoes                              | Option 1 Cheese<br>Option 2 Cheese and Beans<br>                                                                                                                                                                                                                                       | Option 1 Cheese<br>Option 2 Tuna Mayo<br>   | Option 1 Cheese<br>Option 2 Chicken Mayo<br>                                                                                                                                             | Option 1 Cheese<br>Option 2 Tuna Mayo<br>                 | Option 1 Cheese<br>Option 2 Cheese and Beans<br>                                                                                                                                                                                                                                                          |
| Served With                                  | Vegetables                                                                                                                                                                                                                                                                                                                                                                | Vegetables and Naan Bread<br>                                                                                                    | Vegetables, seasoned<br>potatoes and southern gravy<br>                                                                                                                                                                                                                       | Vegetables, mashed<br>potatoes and gravy<br>                                                                                                                                                                                        | Vegetables, baked beans and<br>oven baked potato wedges                                                                                                                                                                                                                                                                                                                                        |

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| <br>Soybean | <br>Celery | <br>Crustaceans | <br>Egg | <br>Fish | <br>Gluten | <br>Lupin | <br>Milk | <br>Molluscs | <br>Mustard | <br>Peanut | <br>Sesame | <br>Sulphur Dioxide | <br>Treenuts |
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NB Allergens highlighted include all possible allergens for that days options