

| Springwood Campus<br>Autumn Term 1<br>Week 4 | Monday<br>29th September                                                                                                                                                                                                                                                                                                                                                  | Tuesday<br>30th September                                                                                                                                                                                                                                                                                  | Wednesday<br>1st October                                                                                                                                                                                                                                                                                   | Thursday<br>2nd October<br>CENSUS DAY<br>Italian Menu                                                                                                                                                                                                                                                      | Friday<br>3rd October                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Main                                         | Soup and garlic bread<br>                                                                                                                                                                               | Cottage Pie<br>                                                                                                                      | Roast Turkey                                                                                                                                                                                                                                                                                               | Spaghetti Bolognese (Beef)<br>                    | Option 1 Fish Fingers<br>Option 2 Fishcakes<br>    |
| Vegetarian                                   | Quorn Mexican wraps with rice<br>    | Vegetarian Cottage Pie<br>                                                                                                           | Veggie Sausage<br>                                                                                                                   | Veggie Bolognese with spaghetti<br>               | Vegetarian fingers<br>                                                                                                                                                                                                                                                                                      |
| Gluten Free Option                           | GF Soup and GF garlic bread<br>                                                                                                                                                                                                                                                         | GF Cottage Pie<br>                                                                                                                 | GF Roast Turkey with GF stuffing<br>                                                                                                                                                                                   | GF Spaghetti Bolognese (Beef) with GF garlic bread<br>                                                                             | GF Fish fingers<br>                                                                                                                                                                                                                                                                                        |
| Dairy Free Option                            | DF Soup and DF garlic bread<br>                                                                                                                                                                     | DF Cottage Pie<br>                                                                                                                                                                                                    | DF Roast Turkey                                                                                                                                                                                                                                                                                            | DF Spaghetti Bolognese (Beef) with DF garlic bread<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 Tuna Mayo<br>   | Option 1 Cheese<br>Option 2 Tuna Mayo<br>   | Option 1 Cheese<br>Option 2 Cheese Beans<br>                                                                                                                                                                                                                                                              |
| Served With                                  | Vegetables                                                                                                                                                                                                                                                                                                                                                                | Vegetables                                                                                                                                                                                                                                                                                                 | Vegetables, roast potatoes, stuffing and gravy<br>                                                                               | Vegetables and garlic bread<br>                                                                                                                                                                                       | Vegetables, baked beans and oven baked potato                                                                                                                                                                                                                                                                                                                                                  |



NB Allergens highlighted include all possible allergens for that days options