





Springwood Campus Autumn Term 1 Week 6	Monday 13th October				Tuesday 14th October				Wedne 15th O	esday ctober	Thursday 16th October			Friday 17th October				
Main	Veggie Cottage Pie				Нс	alal Chicke	en Casserole	Pork Meatballs				Roast Ham			Option 1 Fish Fingers Option 2 Fishcakes			
	Colony	NR.	Soptemen	G Fox	Colony			Gazen	Colory	Enjihor Stoolee	Salghar Dicoide			Glaten	FIR.	Field	Manad	
Vegetarian	Sweet and sour Quorn with rice				Mac and Cheese Bake			Veç	gan Sausa sau	ge in tomato ice	Veggie Sausage			Vegetarian fingers				
	Cabary	G _{Ess}	igi.		Gluten	FEE.	Nuclear d	Glaten	Cideny	gg. Suphess	Glaten	Segtean		Gluten				
Gluten Free Option	GF Veggie Cottage Pie				GF Halal Chicken Casserole			GF	GF Pork Meatballs with GF garlic bread			GF Roast Ham			GF Fish fingers			
	Collecy	NE.	gy. Saybean	G Geo	Calory			Griery	Salpher Dioxide		Salghar Dicolde			Flah				
Dairy Free Option	DF Sweet and sour Quorn with rice				DF Halal Chicken Casserole			DF Pork Meatballs with DF garlic bread			DF Roast Ham			DF Fish fingers				
	Callery	Egs	igi.		Colony			Gilzen	Celery	Singhan Misside	Salphar Dioxide			Gluten	Feah			
Jacket Potatoes	Option 1 Cheese Option 2 Cheese and Beans				Option 1 Cheese Option 2 Tuna Mayo			Option 1 Cheese Option 2 Tuna Mayo			Option 1 Cheese Option 2 Tuna Mayo			Option 1 Cheese Option 2 Cheese and Beans				
	E NA				FE SEE	les .	Gen .	(F)	leg (Gab.	NGK NGK	legs .	ran .	FER				
Served With		Vegetables				Vegetables			Vegetables and garlic bread			Vegetables, roast potatoes and gravy			Vegetables, baked beans and oven baked potato			
								Gliden										



























