

| Linwood Campus<br>Autumn Term 1<br>Week 6 | Monday<br>12th October 2026                                                                                                                                                                                          | Tuesday<br>13th October 2026                                                                                                                                                                                                                                                                                                    | Wednesday<br>14th October 2026                                                                                                                                                                                                                                                                             | Thursday<br>15th October 2026                                                                                                                                                                                                                                                                              | Friday<br>16th October 2026                                                                                                                                                                                                                                                                                                                                                                    |
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| Main                                      | Veggie Cottage Pie<br>                             | Pork meatballs in tomato and basil sauce<br>                           | Ham, eggs and chips<br>                                                                                                              | Beef Stew<br>                                                                                                                                                                                                           | Option 1 Fish Fingers<br>Option 2 Fish Cake<br>    |
| Vegetarian                                | Pesto Pasta<br>                                                                                                                     | Veggie balls in tomato and basil sauce<br>                             | Veggie Roast, egg and chips<br>                                                                                                                                                                                         | Mac and Cheese Bake<br>                                                                                                              | Veggie Fingers<br>                                                                                                                                                                                                                                                                                          |
| Gluten Free Option                        | Gluten Free Pesto Pasta                                                                                                                                                                                              | Gluten Free Pork Meatballs in tomato and basil sauce<br>                                                                                                  | Gluten Free Ham, eggs and chips<br>                                                                                                  | Gluten Free Beef Stew<br>                                                                                                                                                                                               | Gluten Free Fish Fingers<br>                                                                                                                                                                                                                                                                                |
| Dairy Free Option                         | Dairy Free Pesto Pasta<br>                                                                                                        | Dairy Free Pork Meatballs in tomato and basil sauce<br>          | Dairy Free ham, eggs and chips<br>                                                                                               | Dairy Free Beef Stew<br>                                                                                                                                                                                              | Dairy Free Fish Fingers<br>                                                                                                                                                                                          |
| Soft                                      | Veggie Cottage Pie served with vegetables<br>  | Pork meatballs in tomato & basil sauce with veg & potatoes<br>   | Roast Ham served with vegetables and potatoes<br>                                                                                                                                                                     | Beef Stew served with vegetables and potatoes<br>                                                                                                                                                                     | White Fish in parsley sauce served with veg & potatoes<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 and Beans<br>                                                                                                                                                                                                                                                          |
| Served With                               | Vegetables and garlic bread<br>                                                                                                   | Vegetables, spaghetti and dough balls<br>                                                                                                                                                                                                  | Vegetables,                                                                                                                                                                                                                                                                                                | Vegetables                                                                                                                                                                                                                                                                                                 | Salads, baked beans and potato wedges<br>                                                                                                                                                                                                                                                                 |

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| 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