

Autumn Term 2026 Menu Week 2

Vegetable Lattice

Ingredients:

Puff Pastry (Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Margarine (Palm Oil, Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Water, Salt) Filling (Water, Broccoli (8%), Cauliflower (8%), Potato (4%), Whole **Milk** Powder, Cheddar Cheese (3%)(**Milk**, Salt), Onion, Cream (**Milk**), Dried Potato, Modified Maize Starch, Salt, Vegetable Bouillon(Salt, Dried Glucose Syrup, Potato Starch, Yeast Extract, Onion Powder, Sugar, Carrot Powder, Leek Powder, Rapeseed Oil, Turmeric Powder, Flavouring), Black Pepper. Topping: Rusk (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin)), **Oats**, Medium Fat Hard Cheese Crumb (**Milk**), Vegetable Bouillon (Salt, Dried Glucose Syrup, Potato Starch, Yeast Extract, Onion Powder, Sugar, Carrot Powder, Black Pepper, Calcium Phosphates, Leek Powder, Rapeseed Oil, Turmeric Powder, Flavouring), Parsley. Glaze: Water, Dextrin, Dextrose.
(Potassium Carbonate)
Allergens are shown in **Red**
Contains: **Gluten, Wheat, Oats, Milk**

Margarita Pizza

Ingredients:

Mozzarella & Cheddar Cheese Mix (Mozzarella (69%) (**Milk**), Cheddar Cheese (29%) (**Milk**), Anti-Caking Agent (Potato Starch)), Strong White Flour (**Wheat** Flour (with added Calcium, Niacin, Thiamin), Water, Pizza Topping (Tomatoes (98%), Salt, Sunflower Oil, Sugar, Acidity Regulator (Citric Acid), Oregano, Basil, Pepper, Garlic), Baking Block (Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes), Skimmed **Milk** Powder (Skimmed **Milk** Solids (24%), Lactose (**Milk**), Whey Powder (**Milk**) Vegetable Oil (Coconut Oil, Palm Oil), Dried Glucose Syrup, **Milk** Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier (Mono and Di-glycerides of Fatty Acids), Vitamin D, Vitamin A), Dried Yeast (Natural Yeast, Emulsifier, Sorbitan Monostearate E491), Salt (Sea Salt, Anti-caking Agent (Magnesium Oxide), Sugar
Allergens are shown in **Red**
Contains: **Milk, Gluten, Wheat**

Chocolate Pudding Pot

Ingredients:

Semi Skimmed UHT **Milk**, Cornflour (Maize Starch), Cocoa Powder (Cocoa Powder, Acidity Regulator (Potassium Carbonate)), Vanilla Essence (Water, Propylene Glycol (E1520), Flavouring Substances and Sugar, Colour; E150a Plain Caramel), Salt (Sea Salt, Anti-caking Agent (Magnesium Oxide)

Allergens are shown in **Red**

Contains: **Milk**

Mixed Fruit Salad

Ingredients:

Peach Slices in Fruit Juice (Peach, Grape Juice from concentrate, Acidity Regulator (Citric Acid)), Pineapple Pieces in Juice (Pineapple Pieces, Pineapple Juice, Acidity Regulator (Citric Acid)), Orange Juice from Concentrate (100%), Pink Lady Apple

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Mixed Side Salad

Ingredients:

Cucumber, Cherry Tomatoes, Sweetcorn, Cos Lettuce.

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

School Slaw

Ingredients:

Mayonnaise (Rapeseed Oil (50%), Water, Spirit Vinegar, Pasteurised **Egg** Yolk (3.4%), Modified Starch, Sugar, Salt, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Flavourings, Antioxidant, (Calcium Disodium EDTA), Paprika Extract), Savoy Cabbage, Carrot, Cooked Beetroot, Red Onion, Flat Leaf Parsley.

Allergens are shown in **Red**

Contains: **Egg**

Gravy

Ingredients:

Water, Bisto Reduced Salt Gravy Granules (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil

Allergens are shown in **Red**

Contains: **Soya**

Homemade Jelly

Ingredients:

Orange Juice From Concentrate (100%),
Leaf Gelatine (Pork)

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Roast Potatoes

Ingredients:

Potatoes, Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Tuna and Sweetcorn Mayonnaise Jacket Potato

Ingredients:

Potato, Tuna (**Fish**), Water, Salt),
Mayonnaise (Rapeseed Oil (50%), Water, Spirit Vinegar, Pasteurised **Egg** Yolk (3.4%), Modified Starch, Sugar, Salt, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Flavourings, Antioxidant (Calcium Disodium EDTA), Paprika Extract)

Allergens are shown in **Red**

Contains: **Fish and Egg**

Green Beans Ingredients: Green Beans Allergens are shown in Red No declarable UK food allergens as ingredients	Broccoli Ingredients: Broccoli Allergens are shown in Red No declarable UK food allergens as ingredients
Cheese Sandwich Ingredients: Malted Wheat Bloomer (Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted Wheat Flakes (4.0%), Malted Barley Flour (1.5%), Salt, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids),&nbsp;Wheat Bran, Wheat Gluten,&nbsp; Spirit Vinegar, Barley Flour, Preservative (Calcium Propionate),&nbsp;Soya Flour, Flour Treatment Agent (Ascorbic Acid)), Cheddar Cheese (Milk), Margarine (Vegetable Oils (Rapeseed, Palm, Sunflower in varying proportions), Water, Salt (1.4%), Preservative (Potassium Sorbate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colour (Carotenes)) Allergens are shown in Red Contains: Gluten, Wheat, Barley, Soya, Milk	Pesto and Mozzarella Stuffed Mushroom Ingredients: Portobello Mushroom, Soft Cheese (Full Fat Soft Cheese (Milk), Salt, Stabiliser (Guar Gum), Acid (Citric Acid)), Shredded Mozzarella (Mozzarella (98%) (Milk), Anti-caking Agent (Potato Starch)), Onion, Green Pesto (Rapeseed Oil), Basil (26%), Sunflower Seeds (6%), Sugar, Potato Flakes, Garlic, Sea Salt, Acidity Regulators: Acetic Acid, Citric Acid), Malted Wheat Bloomer (Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted Wheat Flakes (4.0%), Malted Barley Flour (1.5%), Salt, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Wheat Bran, Wheat Gluten, Spirit Vinegar, Barley Flour, Preservative (Calcium Propionate), Soya Flour, Flour Treatment Agent (Ascorbic Acid)). Allergens are shown in Red Contains: Milk, Soya, Gluten, Barley, Wheat

Ham Sandwich

Ingredients:

Malted **Wheat** Bloomer (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **Wheat** Flakes (4.0%), Malted **Barley** Flour (1.5%), Salt, Yeast, Palm Oil, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), **Wheat** Bran, **Wheat Gluten**, Spirit Vinegar, **Barley** Flour, Preservative (Calcium Propionate), **Soya** Flour, Flour Treatment Agent (Ascorbic Acid)), Sliced Ham (Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Antioxidant (sodium Ascorbate), Preservative (Sodium Nitrate)), Margarine (Vegetable Oils (Rapeseed, Palm, Sunflower in varying proportions), Water, Salt (1.4%), Preservative (Potassium Sorbate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamins (A and D), Colour (Carotenes))

Allergens are shown in **Red**

Contains: **Gluten, Wheat, Barley, Soya**

Iced Sponge

Ingredients:

Self-Raising Flour (**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin, Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates)), Sugar, Baking Block (Palm Oil, Rapeseed Oil, Water, Salt (1.1%), Emulsifiers (Mono and Di-glycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)), **Egg**, Icing Sugar (Sugar (97%), Maize Starch), Semi-skimmed **Milk**, Vanilla Essence (Water, Propylene Glycol (E1520), Flavouring Substances and Sugar, Colour; E150a Plain Caramel), Salt (Salt, Anti-caking Agent (Magnesium Oxide).

Allergens are shown in **Red**

Contains: **Milk, Gluten, Wheat, Egg**

Peas

Ingredients:

Peas

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Sweetcorn

Ingredients:

Sweetcorn

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Cabbage Ingredients: Cabbage Allergens are shown in Red No declarable UK food allergens as ingredients	New Potatoes Ingredients: New Potatoes Allergens are shown in Red No declarable UK food allergens as ingredients
Pesto and Mozzarella Stuffed Chicken Breast Ingredients: Chicken Breast, Shredded Mozzarella (Mozzarella Cheese (98%) (Milk), Anti-caking Agent (Potato Starch)), Green Pesto (Rapeseed Oil, Basil (26%), Sunflower Seeds (6%), Sugar, Potato Flakes, Garlic, Sea Salt, Acidity Regulators: Acetic Acid, Citric Acid). Allergens are shown in Red Contains: Milk	Beef and Lentil Bolognese Ingredients: Chopped Tomatoes, Passata (Tomatoes, Salt, Acidity Regulator (Citric Acid)), Minced Beef, Red Lentils, Onion, Carrot, Mushroom, Celery, Tomato Paste (Tomatoes), Hendersons Relish (Water, Spirit Vinegar, Sugar, Colour - Caramel E1150C, Sugar Syrup, Salt, Tamarinds, Acetic Acid - Acid, Cayenne Pepper, Cloves, Sweetener - Saccharin, Garlic Oil), Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane), Dried Oregano Allergens are shown in Red Contains: Celery
Salad Bar Ingredients: Lettuce, Tomato, Cucumber, Mixed Peppers, Carrot, Sweetcorn Allergens are shown in Red No declarable UK food allergens as ingredients	Carrots Ingredients: Carrots Allergens are shown in Red No declarable UK food allergens as ingredients

Yorkshire Pudding

Ingredients:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), **Egg** White, **Egg**, Water, Rapeseed Oil, Skimmed **Milk** Powder, Salt.

Allergens are shown in **Red**

Contains: **Gluten, Wheat, Egg, Milk**

Chips (Sysco Premium Coated Medium Skin on Fries)

Ingredients:

Potato (87%) (origin: EU/ non-EU), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Modified Potato Starch, Rice Flour, Potato Starch, Salt, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Thickener (Xanthan Gum), Turmeric Extract.

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Baked Beans

Ingredients:

Haricot Beans (53%) (origin: non-EU/non-UK), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika Powder, Flavouring.

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Breaded Cod

Ingredients:

Cod (**Fish**) (50%), Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).

Allergens are shown in **Red**

Contains: **Gluten, Wheat, Fish**

Tomato and Lentil Bolognese

Ingredients:

Red Lentils, Chopped Tomatoes, Passata (Tomatoes, Salt, Acidity Regulator (Citric Acid)), Onion, Carrot, Mushroom, **Celery**, Tomato Paste (Tomatoes), Hendersons Relish (Water, Spirit Vinegar, Sugar, Colour - Caramel E1150C, Sugar Syrup, Salt, Tamarinds, Acetic Acid - Acid, Cayenne Pepper, Cloves, Sweetener - Saccharin, Garlic Oil), Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane), Dried Oregano

Allergens are shown in **Red**

Contains: **Celery**

Garlic Bread

Ingredients:

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Butter (**Milk**) (8%), Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (3%), Yeast, Salt, Parsley, Dextrose, Emulsifiers (Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Natural Flavouring, Natural Colour (Beta Carotene).

Allergens are shown in **Red**

Contains: **Gluten, Wheat and Milk**

Roast chicken

Ingredients:

Chicken Breast

Allergens are shown in **Red**

No declarable UK food allergens as ingredients

Banana Mousse

Ingredients:

Water, Skimmed **Milk** Powder, Sugar, Dried Glucose Syrup, Modified Starch, Palm Oil, Emulsifiers (Lactic Esters of Mono- and Diglycerides of Fatty Acids), **Milk** Proteins, Gelling agents (Sodium Phosphate), Natural Banana Flavouring, Stabiliser (Calcium Carbonate), Natural Colour (Annatto).

Allergens are shown in **Red**

Contains: **Milk**

Beef Burger

Ingredients:

Beef Burger (Minced Beef, Flavour Enhancer, Dried Onion, **Antioxidants**, Preservatives, Colour), Floured Bap (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers, (Mono and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride)).

Allergens are shown in **Red**

Contains: **Gluten, Wheat, Sulphur Dioxide**

May Contain: **Sesame**

Vegetarian Burger

Ingredients:

Crumbled Vegetable Burger (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Carrot (11%), Peas (10%), Sweetcorn (9%), Onion (8%), Red Pepper (6%), Dried Potato, Green Beans (4.5%), Rapeseed Oil, Leek (3%), Cauliflower Florets (2.5%), Potato, Salt, Yeast, Sugar, Yeast Extract, Garlic Powder, Onion Powder, Tomato Powder, Red Pepper Powder, Parsley, Sage, Flavouring, White Pepper, Black Pepper Extract, Sage Extract), Floured Bap (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers, (Mono and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride)).

Allergens are shown in **Red**

Contains: **Gluten, Wheat**

May Contain: **Sesame**

Cheese and Beans Jacket Potato

Ingredients:

Potato, Baked Beans in Tomato Sauce (Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring), Cheddar Cheese ((**Milk**), Anti-caking Agent (Potato Starch)).

Allergens are shown in **Red**

Contains: **Milk**

Wholewheat Pasta

Ingredients:

Durum **Wholewheat** semolina (100%).

Allergens are shown in **Red**

Contains: **Gluten, Wheat**

May contain: **Mustard, Soya**

Peach Yogurt Ingredients: Yogurt (Milk), Sugar, Peach Purée (4%), Cornflour, Natural Flavouring, Concentrated Lemon Juice. Allergens are shown in Red Contains: Milk	Plain Yogurt Ingredients: Fat-Free Yogurt (Milk) (97%), Modified Maize Starch, Thickener: Pectin. Allergens are shown in Red Contains: Milk
Fresh Fruit A selection of fresh fruit every day is available for dessert daily from the following - Satsuma, Apple, Banana, Pear, Grapes, Watermelon Allergens are shown in Red No declarable UK food allergens as ingredients	