



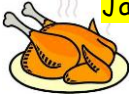








To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those shown on this menu without prior notice

## Autumn Term 2017 - Menu supplied by Lacey Gardens Junior School

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 04/09/17 25/09/17 16/10/17	<p><b>*Spaghetti bolognese</b> or <b>*Veggie bolognese (VF)</b> with Wholemeal baguette &amp; sweetcorn  or <b>Jacket potato</b></p> <p>Chocolate &amp; pear sponge with custard</p>	<p><b>Salmon fishcake</b> or <b>Cheese &amp; vegetable bake</b> with Savoury wholegrain rice, petits pois or <b>Jacket potato</b></p> <p>Oaty mixed fruit crumble with custard</p>	<p><b>*Baked ham</b> or <b>*Quorn sausages</b> with New potatoes, baby carrots, broccoli &amp; gravy or <b>Jacket potato</b> </p> <p>Fresh fruit salad/yogurt</p>	<p><b>*Chicken casserole</b> or <b>*Vegetable casserole (VF)</b> with mashed potato, cabbage or <b>Jacket potato</b></p> <p>Lemon crunch with custard</p>	<p><b>Crispy chicken fillet</b> or <b>Veggie nuggets</b> with Herbed diced potatoes &amp; baked beans or <b>Jacket potato</b></p> <p>Chocolate brownie with custard</p>
2 11/09/17 02/10/17	<p><b>Cheese and ham pizza</b> or <b>Cheese and tomato pizza</b> with ½ Jacket potato &amp; spaghetti hoops or  <b>Jacket potato</b> Lemon &amp; peach sponge &amp; custard</p>	<p><b>*Cottage pie</b> or <b>*Veggie cottage pie (VF)</b> with Cabbage, sweetcorn &amp; gravy or  <b>Jacket potato</b> Oaty apple crumble &amp; custard</p>	<p><b>*Roast chicken &amp; stuffing</b> or <b>*Quorn fillet</b> with Roast potatoes, green beans, carrots &amp; gravy or <b>Jacket potato</b> </p> <p>Fresh fruit salad/yogurt</p>	<p><b>*Lasagne</b> or <b>*Veggie lasagne (VF-bolognese)</b> with Wholemeal baguette, peas &amp; sweetcorn or  <b>Jacket potato</b></p> <p>Syrup sponge &amp; custard</p>	<p><b>Fishcake</b> or <b>Cheese &amp; potato bake</b> with Oven baked wedges &amp; baked beans or <b>Jacket potato</b></p> <p>Iced sponge</p>
3 18/09/17 09/10/17	<p> <b>*Sausages</b> or <b>*Quorn sausages</b> with Mashed potatoes &amp; spaghetti hoops or  <b>Jacket potato</b> Pineapple sponge &amp; custard</p>	<p><b>*Chicken pasta arrabiata</b> or <b>*Vegetable pasta (VF)</b> with petits pois or  <b>Jacket potato</b> Cherry crumble &amp; custard</p>	<p> <b>*Roast beef &amp; Yorkshire pudding</b>  or <b>*Quorn fillet</b> with Roast potatoes, carrots, cauliflower &amp; gravy or <b>Jacket potato</b> Fresh fruit salad/yogurt</p>	<p><b>*Chicken &amp; leek pie</b> or <b>*Vegetable lattice</b> with New potatoes &amp; broccoli or <b>Jacket potato</b> Rice pudding</p>	<p><b>Fish fingers</b> or <b>Veggie fingers</b> with Oven chips &amp; sweetcorn or <b>Jacket potato</b> Fruity flapjack</p>

Cheese, beans, tuna and whole wheat spaghetti hoops available for jacket potatoes.

Wholemeal bread, fruit and yogurts are available daily. All meat and vegetables are locally sourced. \* Freshly prepared on the premises

\* None of our meals contain nuts. (VF) Vegan Friendly For a full list of allergens please visit Lacey Gardens website [www.laceygardens.lincs.sch.uk](http://www.laceygardens.lincs.sch.uk)