

The Mall School

Autumn Term Lunch Menu

Week 2 Autumn 2024

MONDAY

Carrot and Coriander (C)
Homemade Bread (G)
Croutons (G)

Chicken Kebab Wrap (G)
Roasted Vegetable and Halloumi
Wrap (G, M)

Sweet Potato Fries
Vinegar Coleslaw
Green Beans
Sweetcorn

Tomato and Herb Pasta Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Jam Doughnut (G, So)

TUESDAY

Pea and Mint Soup (M, C)
Homemade Bread (G)
Croutons (G)

Roast Pork Loin
Veggie Roast (G)

Yorkshire Pudding (G, E, M)
Roast Potatoes
Roast Parsnips
Steamed Vegetables
Crackling
Gravy

Basil Pesto Sauce (M)
Tomato Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Chocolate Mousse (M)

WEDNESDAY

Sweet Potato and Coconut Soup (C)
Homemade Bread (G)
Croutons (G)

Shepherd's Pie (C)
Veggie Cottage Pie (G)

Roasted Sweet Potato
Garden Peas
Steamed Cabbage
Gravy

Tomato Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Apple and Cinnamon Sponge (E, G)

THURSDAY

Tomato and Pepper Soup (M, C)
Homemade Bread (G)
Croutons (G)

Chicken Curry (Mu)
Veggie Curry (Mu)

Rice
Poppadoms
Mango Chutney
Naan Bread
Steamed Vegetables

Basil Pesto (M)
Tomato Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

Chocolate Tiffin (G)

FRIDAY

Vegetable Barley Soup (C, G)
Homemade Bread (G)
Croutons (G)

Gluten Free Battered Cod (F)
Fish Fingers (G, F)
Cheese and Potato Pasties (G, M, E)

Curry Sauce
Tartar Sauce (Sp)
Mushy Peas
Garden Peas
Chips

Tomato Sauce (C)
Penne Pasta (G)
Gluten Free Pasta Available

Jacket Potato
Baked Beans
Tuna Mayonnaise (F)
Grated Cheddar Cheese (M)

GF Peach and Berry Crumble

Allergens: G = Gluten, M = Milk, E = Egg, Mu = Mustard, Sp = Sulphite Dioxide, F = Fish, So = Soya, C = Celery
V = Vegetarian VG = Vegan

