

# The Mall School

## Autumn Term Lunch Menu

Week 3 Autumn 2024

### MONDAY

Cream of Cauliflower Soup (C)  
Homemade Bread (G)  
Croutons (G)

Margarita Pizza (G, M)  
Spiced Chicken Pizza (G, M)  
Cheddar and Roasted Vegetable  
Tarts (G, E, M)

Broccoli  
Garden Peas  
Mixed Leaf Salad

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

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

Eton Mess (E, M)

### TUESDAY

Lentil Soup (M, C)  
Homemade Bread (G)  
Croutons (G)

Roast Turkey  
Veggie Roast (G)

Yorkshire Pudding (G, E, M)  
Roast Potatoes  
Roast Parsnips  
Steamed Vegetables  
Stuffing Balls

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)

Sticky Toffee Pudding (E, G, M)

### WEDNESDAY

Cream of Mushroom Soup (C, M)  
Homemade Bread (G)  
Croutons (G)

BBQ Chicken  
Mac and Cheese (G, M, Mu)

Skinny Fries  
Coleslaw  
Sweetcorn  
Green Beans

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

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

WOW Bar (G, So)

### THURSDAY

Garden Vegetable Soup (M, C)  
Homemade Bread (G)  
Croutons (G)

Beef and Bean Chilli (C)  
Veggie Bean Chilli (C, So)

Vegetable Rice  
Carrots  
Broccoli  
Tortilla Chips  
Guacamole

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

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

GF Apple Crumble

### FRIDAY

Creamy White Bean Soup (C, M)  
Homemade Bread (G)  
Croutons (G)

Gluten Free Battered Cod (F)  
Fish Fingers (G, F)  
Falafel Wrap with Pickled Cabbage  
and Tomato Salsa (G)

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)

Cinnamon Churros

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

