



# AUTUMN TERM 2020



WEEKS STARTING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07.09.20 28.09.20 12.10.20	M A I N	Pork Sausage Mashed Potatoes Peas & Gravy	Chicken & Bacon Penne Carbonara Garlic Bread	Beef Meatballs Tomato & Vegetable Sauce Wholemeal Penne Pasta	Mild Chicken & Vegetable Curry Naan Bread Boiled Rice	Baked Breaded Southern Chicken Jacket Potato Wedges Mixed Vegetables
		Quorn Korma Egg Noodles (V) Peas	Breaded Baked Quorn Goujons (V) Jacket Potato Wedges Baked Beans or Mixed Vegetables	Green Pesto with Roasted Vegetables (V) & Wholemeal Pasta	Roasted Vegetables in a Tomato Ragu (V) Wholemeal Pasta	Battered Cod Jacket Potato Wedges Mixed Vegetables or Baked Beans
WEEKS STARTING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14.09.20 05.10.20	M A I N	Pork Sausage & Vegetable Casserole Mashed Potato Cauliflower & Broccoli	Turkey Meatballs in a Tomato sauce Penne Pasta Mixed Vegetables	Steak Baguette With Fried Onions Jacket Potato Wedges Peas & Carrots	Mild Chicken & Vegetable Curry Naan Bread Boiled Rice	Chinese Vegetable & Salmon Rice Golden Sweetcorn & Peas (Pre-Order) BBQ Pulled Pork Jacket Wedges & Mixed Vegetables
		Macaroni Cheese (V) Garlic Bread Cauliflower & Broccoli	Chilli Non Carni (V) Penne Pasta or Half a Jacket Potato	Breaded Baked Quorn Goujons (V) Jacket Potato Wedges Baked Beans	Red Pesto Pasta Garlic Bread (V)	Roasted Vegetables, Sweet Potato, Chickpea & Spinach Curry (V) Boiled Rice & Naan Bread
WEEKS STARTING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21.09.20 12.10.20	M A I N	Wholemeal Pasta Bolognaise Garlic Bread Green Beans	Roast Chicken Roasted Potatoes Mixed Vegetables Gravy	Beef & Vegetable Pie Mashed Potatoes Broccoli Gravy	Mild Chicken & Vegetable Curry Naan Bread Boiled Rice	Hot Dog & Fried Onions Jacket Potato Wedges Baked Beans
		Roasted Vegetables in a Tomato Ragu (V) Wholemeal Pasta	Vegetarian Sausages & Gravy Roasted Potatoes Mixed Vegetables (V)	Green Pesto with Roasted Vegetables with Wholemeal Pasta (V)	Quorn & Vegetable Chow Mein Egg Noodles (V)	Breaded Fish Bites Jacket potato wedges Baked Beans or Peas

### Food Allergies and Intolerances

If your child had a food allergy or intolerance please ensure to communicate this to your child's school so they can pass this information to us and the school and Capsicum can then let you know what food your child can eat which does not contain the relevant allergens. We have an allergy policy, including staff training, and track 14 key allergens and will shortly be listing this information on all menus and on labels for packaged food.

We recommend that parents of children with severe food allergies check the dish they choose does not contain the relevant allergens. We do our best to reduce the risk of cross-contamination but we cannot guarantee that any of our dishes are free from allergens. Parents of children with severe allergies are advised to assess their own level of risk and we do not accept any liability in this respect. Please contact us should you wish to discuss any aspect of our allergen policy.