

Autumn term 1 menu - weeks 1-4

	w/c 2/9/2024	w/c 9/09/2024	w/c 16/09/2024	w/c 23/09/2024
Monday	CLOSED - INSET DAY	Pasta with cheese, bacon and peas.  Sprinkle cake.	Tuna pasta bake and green beans.  Chocolate/vanilla marble cake.	Chicken pesto pasta and mixed veg.  Iced muffin.
Tuesday	CLOSED - INSET DAY	Spaghetti bolognese and sweetcorn.  Lemon Slice.	Lasagne, garlic bread and sweetcorn.  Shortbread.	Burger in a bun with chunky chips and salad.  Jam sponge cake.
Wednesday	Chicken pesto pasta with veg  Vanilla Ice-cream	Roast Ham dinner (mackerel pate crackers).  Jelly fruit and ice-cream.	Roast Chicken dinner  Peaches and cream	Roast Ham dinner  Jelly fruit and ice-cream.
Thursday	Cowboy casserole (sausages & baked beans) with mash potato & veg.  Chocolate chip cookie.	Chicken curry, rice and mixed veg. (Very mild).  Flapjack.	Sausages, rice, gravy and peas.  Syrup sponge cake.	Bacon risotto  Fudge cake
Friday	Fishcake, herby potatoes and peas.  Lemon muffin.	Fish fingers, chips and baked beans.  Australian crunch.	Breaded fish, wedges and beans.  Oaty cookie and milk.	Fish cake, herby potatoes & baked beans  Ginger cookie

There is an alternative daily choice of jacket potato, baguette or bread roll with egg, cheese or tuna filling. Ham baguettes or rolls are also available.

Fresh fruit or yoghurt is usually available as an alternative dessert.

To make changes to the daily main meal, please email Lissie in the office- [admin@calthwaite.cumbria.sch.uk](mailto:admin@calthwaite.cumbria.sch.uk)

**Food Allergies and Intolerances: - Before you order food please ask staff if you want to know about our ingredients.**