

COWLEY ST LAURENCE	Date 1 st Sep, 22 nd Sep, 13 th Oct, 3 rd Nov, 24 th Nov, 15 th Dec, 5 th Jan, 26 th Jan, 16 th Feb	Date 8 th Sep, 29 th Sep, 20 th Oct, 10 th Nov, 1 st Dec, 22 nd Dec, 22 nd Dec, 12 th Jan, 2 nd Feb	Date 25 th Aug, 15 th Sep, 6 th Oct, 27 th Oct, 17 th Nov, 8 th Dec, 29 th Dec, 19 th Jan, 9 th Feb
	WEEK 1	WEEK 2	WEEK 3
MONDAY	Beef Lasagne (GL,EG,MI) Sweet Mash Topped Veggie Pie (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Ice Cream (MI) or Fresh Fruit	Beef Pasta Bolognese (GL) Veggie Chow Mein Noodles (GL,EG,SO) Tomato Pasta (GL) Jacket – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Cheesecake (GL,MI) or Fresh Fruit	Beef Chilli with Rice (GL) Mac 'n' Cheese (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Ice Cream (MI) or Fresh Fruit
TUESDAY	Chicken Tikka Masala with Steamed Rice Pesto Pasta (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Cheesecake (GL,MI) or Fresh Fruit	Potato Topped Fish Pie (GL,FI) Handmade Margherita Pizza with Slaw (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit	Pastry Topped Chicken Pie (GL) Handmade Margherita Pizza with Slaw (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Cheesecake (GL,MI) or Fresh Fruit
WEDNESDAY	Chicken Sausage with Mash & Gravy (GL,SU) Vegan Sausage with Mash & Gravy (SO) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit	Roast Chicken with Potatoes & Gravy (SU) Butternut Wellington (GL,SU) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Fruity Shortbread (GL) or Fresh Fruit	Roast Turkey with Potatoes & Gravy (SU) Cauliflower Cheese Bake with Potatoes (GL,MI,SU) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit
THURSDAY	Jerk Chicken with Rice Handmade Margherita Pizza with Slaw (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Chocolate Cake (GL) or Fresh Fruit	Chicken Fajita with Rice (GL) Veggie Curry with Rice Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Apple Cake (GL) or Fresh Fruit	Beef Cottage Pie with Mash (GL) Cheese Panini (GL,SO,SE,MU,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Iced Confetti Cake (GL) or Fresh Fruit
FRIDAY	Fish Fingers with Oven Baked Chips (GL,FI) Cheesy Baked Bean Quesadilla with Oven Baked Chips (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Dessert Bar (GL,MI) or Fresh Fruit	Fish Fingers with Oven Baked Chips (GL,FI) Falafel with Oven Baked Chips (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Dessert Bar (GL,MI) or Fresh Fruit	Fish Fingers with Oven Baked Chips (GL,FI) Veggie Fajita with Oven Baked Chips (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,SO,EG), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Dessert Bar (GL,MI) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
 CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
 MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

