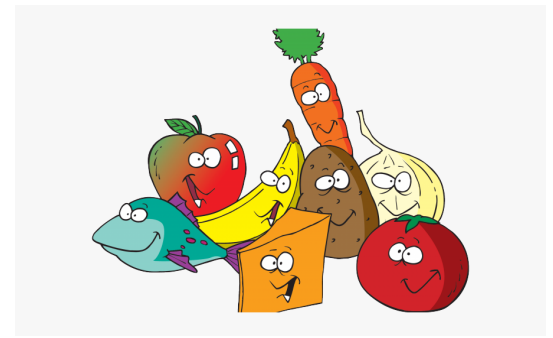


Chestnuts Menu

Autumn 2023

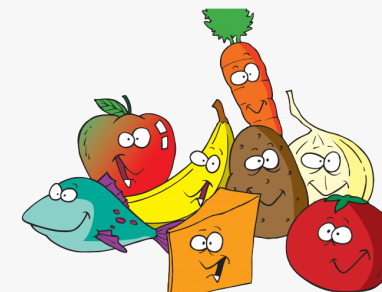
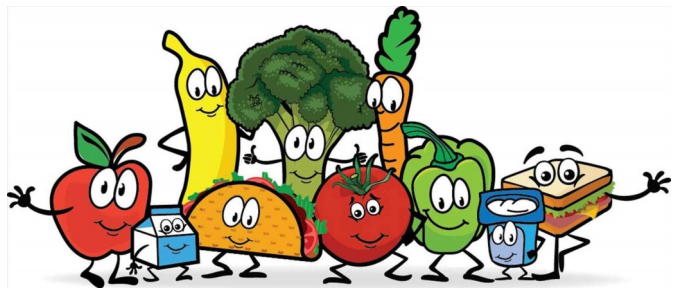


Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Creamy Mac 'N' Cheese WHEAT, MILK, SOYA	Beef Rezala MILK	Lamb Meatballs SULPHITES	Special Egg Fried Rice EGG	Baja Spiced Chicken Strips
Option 2	Tomato Pasta with Cheese WHEAT, MILK	Chana Masala Curry	Italian Vegetable "Meat"balls WHEAT, EGG	Stir Fry Noodles	Oaxaca Style Vegetables and Beans
Vegetables	Lemony Blistered Green Beans	Roasted Courgette	Roasted Mediterranean Vegetables	General Tso's Cauliflower	
Salad Bar	Mixed Italian Salad	Mixed Salad Cucumber Raita MILK	Mixed Italian Salad	Mixed Salad	Sour Cream, Fresh Peppers MILK
Dessert	Fresh Fruits and Yoghurt MILK	Zesty Orange and Carrot Cake WHEAT, MILK, EGG	Fresh Fruit and Yoghurt MILK	Pof Pof WHEAT, SOYA	Fresh Fruits and Yoghurt MILK
Others	Garlic Loaf WHEAT, SOYA	Coriander Rice, Naan Bread WHEAT, SOYA	Spaghetti, Rosemary + Garlic Bread WHEAT, SOYA	Coriander Rice	Tortilla Wrap GLUTEN,



Chestnuts Menu

Autumn 2023



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Kale and Pesto Pasta WHEAT	Peri Peri Chicken	Greek Beef Casserole (Kokkinisto)	Chilli Sin Carni	Tempura Fish Fingers WHEAT, FISH , SOYA
Option 2	Tomato Pasta Bake WHEAT, SOYA	Peri Peri Cauliflower Bites	Greek Vegetable Casserole (Briam) Spinach Salad	As Above	Sweetcorn Fritters GLUTEN, EGG, SOYA
Vegetables	Herb Roasted Vegetables	Roasted Sweetcorn	Spinach Salad	Jacket Potato Sweetcorn	Garden Peas
Salad Bar	Mixed Salad	Coleslaw EGG,	Mixed Salad	Mixed Salad	Tartar Sauce, Ketchup EGG, SULPHITES, MILK
Dessert	Fresh Fruit and Yoghurt MILK	Courgette Cake WHEAT, MILK, EGG	Fresh Fruit and Yoghurt MILK	Beetroot Chocolate Cake WHEAT	Fresh Fruit and Yoghurt MILK
Others	Garlic Bread WHEAT, SOYA	Jollof Rice or Plain Rice , Whole Meal Bread WHEAT, SOYA	Lemon and Coriander Cous- cous	Cornbread Coleslaw EGG,	Paprika Tossed Chips

