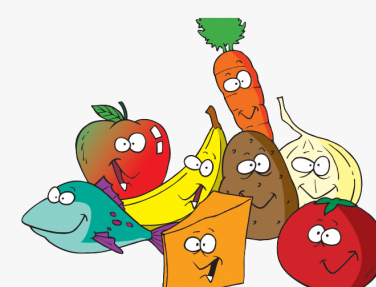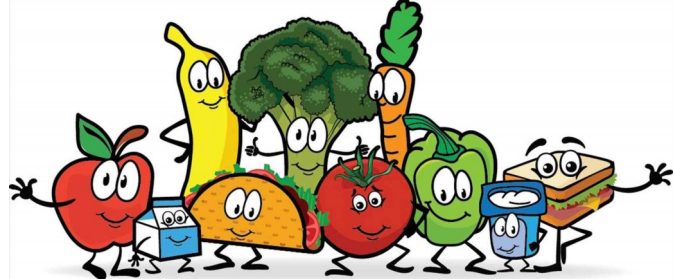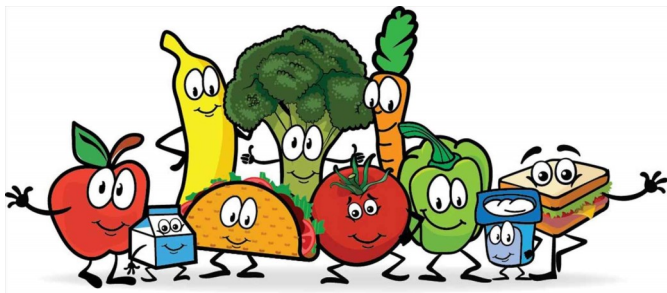# Chestnuts Menu Autumn 2024

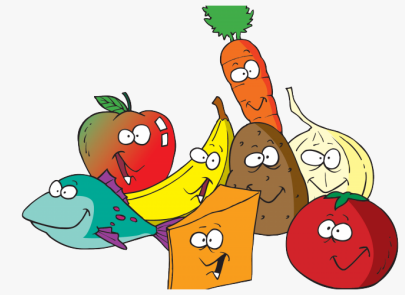| Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Savoury Rice with Vegetables **MILK**	Chicken Tikka Masala **COCONUT MILK**	Lentil Soup **LENTIL**	Beef Lasagne **WHEAT,MILK**	Baja Spiced Chicken Strips
Option 2	Pasta with Tomato Sauce **GLUTEN**	Chana Masala Curry **COCONUT MILK**	Vegetable Soup	Veg Meatballs **WHEAT,MILK**	Oaxaca Style Vegetables and Beans
Vegetables	Honey Roasted Carrots	Roasted Cauliflower	As Above	Broccoli	Fresh Mixed Peppers
Salad Bar	Mixed Italian Salad or Beetroot Salad	Mixed Salad Coleslaw Rita **EGG,MILK,MUSTARD**	Mixed Salad	Mixed Salad, Cucumber Sticks	Sour Cream, Cheese, Mixed Salad, Coleslaw **MILK, MUSTARD, EGG**
Dessert	Fresh Fruits and Yogurt **MILK**	Fresh Fruit and Yoghurt **MILK**	Zesty Orange, Apple and Carrot Cake **MILK**	Yoghurt and Fresh Fruit **MILK**	Fresh Fruits and Rice Pudding **MILK**
Others	Penne Pasta , Garlic Bread **GLUTEN**	Rice, Flat Bread **GLUTEN**	Baguette **WHEAT**	Lasagne, Bread **WHEAT**	Tortilla Wrap **GLUTEN,**

Chestnuts Menu Autumn 2024

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese Pizza **WHEAT,,MILK**	Peri Peri Chicken	Spaghetti Bolognese **WHEAT**	Greek Vegetable Casserole with Couscous **WHEAT**	Fish Fingers **WHEAT, FISH**
Option 2	Pesto with Pasta **WHEAT**	Peri Peri Cauliflower Bites	Lentil Bolognese **WHEAT**	As Above	Potato Cheese Balls with Vegetables **CHEEESE,GLUTEN**
Vegetables	Roasted Sweetcorn	Sweetcorn with Garden Peas	Green Beans		Garden Peas
Salad Bar	Mixed Salad, Potato Salad **MUSTARD,MILK,EGG**	Mixed Salad, Coleslaw **MILK, EGG**	Mixed Salad ,Spinach Salad with Pomegranate	Mixed Salad, Beetroot Salad	Mixed Salad, Tartar Sauce, Ketchup, Coleslaw **EGG, SULPHITES, MILK**
Dessert	Fresh Fruit and Yoghurt **MILK**	Beetroot Chocolate Cake **WHEAT, MILK, EGG**	Fresh Fruit and Yoghurt **MILK**	Apple Crumble and Custard **WHEAT,EGG,MILK**	Fresh Fruit and Yoghurt **MILK**
Others	Penne Pasta **WHEAT, SOYA**	Jollof Rice or Plain Rice , Whole Meal Bread **WHEAT, SOYA**	Slice Bread **GLUTEN**	Couscous, Sliced Bread **WHEAT**	Paprika Tossed Chips