

Autumn term 1 menu - weeks 5-8

	w/c 29/9/2025	w/c 6/10/2025	13/10/2025	20/10/2025
Monday	Pasta twists with cheese sauce and veg Lemon Drizzle Cake	Spaghetti with fresh tomato sauce and grated cheese (optional) and veg Iced sponge cake	Pesto pasta and veg Short bread	Macaroni cheese and veg Seasonal fruit
Tuesday	Pizza & beans Flapjack	Bolognaise with rice, veg and garlic bread Jelly & Ice cream	Chicken casserole, veg & rice raspberry muffin	Burger in a bun with chunky chips and salad. Jam sponge cake
Wednesday	Roast chicken Chocolate Milkshake	Roast Ham dinner (mackerel pate crackers). Yoghurt, honey & granola	Roast Chicken dinner Peaches and cream	Roast Ham dinner Ice cream with toffee sauce
Thursday	Sausage roll, mash & beans Scone, jam & cream	Chicken goujons, wedges & peas Chocolate sponge & custard	Sausages, penne, gravy and peas. Syrup sponge cake	Meatballs & Spaghetti Fudge cake
Friday	Fishcake, herby potatoes and peas. White chocolate cookie	Fish fingers, chips and baked beans. Lemon muffin	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

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