

Autumn term 1 menu - weeks 5-8

	w/c 29/9/2025	w/c 6/10/2025	w/c 13/10/2025	w/c 20/10/2025
Monday	Pasta with fresh tomato sauce and grated cheese. Strawberry cake.	Macaroni cheese and baked beans. Lemon muffin.	Spaghetti with pesto and grated cheese. Chocolate cake.	Chicken & bacon pasta & peas Iced muffin.
Tuesday	Spaghetti bolognese and sweetcorn. Rock bun (fruity cake).	Sausage roll with mash and beans Flapjack	Pizza & beans Ginger muffin.	Burger in a bun with chunky chips and salad. Australian crunch
Wednesday	Roast Chicken dinner (+ mackerel pate on crackers) Yoghurt, granola and honey.	Roast Ham dinner. Milkshake- chocolate or banana.	Roast Chicken dinner. Jelly and peach slices.	Roast Ham dinner Ice cream with toffee sauce
Thursday	Chicken Goujons (posh nuggets) with chips and beans Sprinkle cake	Meatballs with rice and mixed veg. Jam sponge.	Sausages, pasta twists, veg and gravy. Syrup sponge.	Chicken tikka masala with rice, naan bread and peas Sponge & custard
Friday	Fish fingers, herby potato's and baked beans. Cookie and milk.	Breaded fish, wedges and beans. Ginger cookie and milk.	Fishcake, chips and peas, Choc chip cookie and milk.	Fish cake, herby potato's & 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 Mrs Stevens 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.