

HIGHGATE PRIMARY SCHOOL — AUTUMN MENU

WEEK 1 — British Autumn & Mediterranean

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pumpkin & Red Lentil Soup	Leek & Potato Soup	Tomato, Basil & White Bean Soup	Carrot & Ginger Soup	Roasted Cauliflower Soup
Main 1	Roast Chicken, Squash & Rosemary	Beef & Vegetable Ragu with Pasta G	Greek Lemon & Oregano Chicken	Moroccan Lamb & Chickpea Tagine	Traditional Fish Pie with Peas & Leeks F,G,D
Main 2 (Veggie & Vegan)	Butternut Squash & Chickpea Tagine	Lentil & Vegetable Ragu G	Greek Roasted Vegetables & Chickpeas	Moroccan Vegetable Tagine	Creamy Leek, Spinach & Bean Pie G,D
Accompaniment	Rosemary Roast Potatoes	Wholewheat Pasta G	Lemon & Herb Rice	Couscous G	Creamy Mashed Potato D
Vegetable Additions	Roasted Broccoli & Carrots	Garlic Green Beans	Cucumber & Tomato Salad	Roasted Carrots & Cabbage	Peas & Sweetcorn
Additions	Lemon Yoghurt D	Parmesan & Herb Crumb G,D	Tzatziki D	Mint Yoghurt D	Parsley Sauce D
Dessert	Apple & Blackberry Crumble G,D	Pear & Cinnamon Yoghurt D	Orange & Polenta Cake E,D	Fresh Fruit	Sticky Apple & Oat Slice G,D

Allergen Key: **D** = Dairy · **E** = Egg · **F** = Fish · **G** = Gluten · **S** = Sesame · **So** = Soya

WEEK 2 — Around the World

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet Potato & Coconut Soup	Minestrone Soup G	Pumpkin & Sage Soup	Carrot, Lentil & Cumin Soup	Vegetable Noodle Soup G,So
Main 1	Mild Chicken Tikka Masala D	Tuscan Chicken & Tomato Orzo G	Korean-Style Beef Rice Bowl So	Caribbean Jerk Chicken	Fish Katsu F,G,E
Main 2 (Veggie & Vegan)	Chickpea & Cauliflower Tikka	Tuscan White Bean & Vegetable Stew	Korean-Style Tofu & Vegetable Rice Bowl So	Caribbean Sweet Potato & Black Bean Stew	Vegetable Katsu G,E
Accompaniment	Basmati Rice	Orzo G	Steamed Rice	Coconut Rice	Japanese-Style Rice
Vegetable Additions	Roasted Cauliflower	Green Beans & Peas	Sesame Broccoli S	Lime Cabbage Slaw	Cucumber & Edamame So
Additions	Cucumber Raita D	Basil Pesto D	Mild Korean Sauce So	Mango & Lime Salsa	Katsu Sauce G,So
Dessert	Mango & Yoghurt D	Apple & Berry Compote	Banana Bread G,E	Pineapple & Coconut Rice Pudding D	Pear & Chocolate Brownie G,E,D

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WEEK 3 — Middle East, Asia & British Comfort

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Moroccan Lentil & Tomato Soup	Creamy Cauliflower Soup D	Chicken Noodle Soup G	Parsnip & Apple Soup	Roasted Pepper & Tomato Soup
Main 1	Chicken Shawarma	Vegetable & Chicken Biryani	Beef Pho-Style Noodle Bowl G,So	Lamb Kofta with Flatbread G	Homemade Fish Fingers F,G,E
Main 2 (Veggie & Vegan)	Roasted Cauliflower Shawarma	Vegetable Biryani	Mushroom & Tofu Noodle Bowl G,So	Lentil Kofta with Flatbread G	Crispy Cauliflower Bites G
Accompaniment	Turmeric Rice	Basmati Rice	Rice Noodles G	Herby Couscous G	Chunky Potato Wedges
Vegetable Additions	Roasted Carrots	Peas & Spinach	Pak Choi & Broccoli	Roasted Aubergine & Peppers	Peas & Sweetcorn
Additions	Garlic Yoghurt D	Mango Chutney	Lime & Coriander Dressing	Hummus S	Homemade Ketchup
Dessert	Date & Apple Oat Crumble G,D	Cardamom Rice Pudding D	Banana & Cinnamon Loaf G,E	Orange & Semolina Cake G,E,D	Berry & Apple Crumble G,D

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