



Sycamore Academy   
A L.E.A.D. Academy



**WEEK 1** (September to December 2023)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Chicken Tikka (Gluten Free) Sweetcorn Garlic & Corriander Naan Bread Steamed Rice	Turkey Pasta (Dairy Free) Mixed Pasta Peas	Roast Chicken & Stuffing (Dairy Free) Roast Potatoes Carrots, Broccoli Gravy	Chilli Con Carne (Dairy Free) Steamed Rice Green Beans	Fish Cake (Dairy Free) Baked Beans
MAIN DISH HALAL	Chicken Tikka (Gluten Free, Halal) Sweetcorn Garlic & Corriander Naan Bread Steamed Rice	Turkey Pasta (Dairy Free, Halal) Mixed Pasta Peas	Roast Chicken & Stuffing (Dairy Free, Halal) Roast Potatoes Carrots, Broccoli Gravy	Chilli Con Carne (Dairy Free, Halal) Steamed Rice Green Beans	As Above
MAIN DISH VEGETARIAN	Quorn Tikka Sweetcorn Garlic & Corriander Naan Bread Steamed Rice	Quorn Pasta Mixed Pasta Peas	Quorn Roast & Stuffing Roast Potatoes Carrots, Broccoli Gravy	Vegetarian Chilli Steamed Rice Green Beans	As Above
DESSERT	Apple Crumble (Gluten & Dairy Free, Vegan) Custard (Gluten Free)	Carrot Cake	Oaty Fruit Crunch (Dairy Free, Vegan)	Lemon Cheesecake	Ice Cream Tub (Gluten Free)

**MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE**