



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



WEEK 3 (September to December 2023)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Cajun Chicken Pasta (Dairy Free) Mixed Pasta Peas	Beef Pie (Dairy Free) Mashed Potato Cauliflower Gravy (Allergen Free)	Roast Chicken & Stuffing (Dairy Free) Roast Potatoes Carrots, Broccoli Gravy (Allergen Free)	Jacket Potato with Grated Cheese (Gluten Free) Baked Beans Side Salad	Salmon Fish Fingers (Dairy Free) Chips Mushy Peas
MAIN DISH HALAL	Cajun Chicken Pasta (Dairy Free, Halal) Mixed Pasta Peas	Beef Pie (Dairy Free, Halal) Mashed Potato Cauliflower Gravy (Allergen Free)	Roast Chicken & Stuffing (Dairy Free, Halal) Roast Potatoes Carrots, Broccoli Gravy (Allergen Free)	As Above	As Above
MAIN DISH VEGETARIAN	Quorn Cajun Pasta Mixed Pasta Peas	Quorn Pie Mashed Potato Cauliflower Gravy (Allergen Free)	Quorn Roast Roast Potatoes Carrots, Broccoli Gravy (Allergen Free)	As Above	Southern Fried Quorn Burger Chips Mushy Peas
DESSERT	Pineapple Upside Down Pudding (Dairy Free) Custard (Gluten Free)	Ice Cream Roll	Chocolate Mousse (Gluten Free)	Strawberry Iced Smoothie (Gluten & Dairy Free, Vegan)	Mandarin Cheesecake

MENU SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE