THE PUTNEY HILL KITCHEN

AUTUMN MENU

From 2nd Nov

Vegan (VE) Gluten Free (GF) Early Years (EYFS) EYFS Lock Items

	Monday	Tuesday	Wednesday	Thursday (Italian Theme)	Friday
Soup	Roasted Tomato & Basil Soup Homemade Bread with Mixed Herbs (VE)	Creamy Parsnips Homemade Bread (VE)	Rustic Vegetable Soup Homemade Bread with Olives (VE)	Minestrone Soup Garlic & Rosemary Bread (VE)	Roasted Butternut Squash And Peppers Homemade Bread with sundried tomato (VE)
Home From Home	Salmon & Green Peas Pasta Bake (EYFS)	Chicken Katsu Curry with 50/50 Rice (EYFS) (GF) (DF)	Cumberland Sausage and Creamy Mashed Potatoes and gravy (EYFS) (GF)	Classic Italian Beef Lasagne With Garlic Bread (EYFS)	Fish & Chips With Homemade Tartare Sauce (EYFS) (DF)
Meat Free	Potato Gnocchi with Courgette & Broccoli Basil Pesto Sauce (VE) (EYFS)	Vegetable Chickpea Butternut Squash Curry with 50/50 Rice (VE) (EYFS) (DF)	Vegetarian Sausages with Creamy Mashed Potato & Gravy (VE) (EYFS)	Classic Italian Beef Lasagne With Garlic Bread (EYFS)	Three Bean Burger with Roasted Vegetables And Herbs (VE) (EYFS) (DF)
Allergen Friendly	Potato Gnocchi Basil Pesto Sauce (VE) (GF) (DF)	Vegetable Chickpea Butternut Squash Curry With 50/50 Rice (VE) (GF) (DF)	Vegetarian Sausages with Creamy Mashed Potato & Gravy (VE) (GF) (DF)	Sauteed Courgettes & Sweet Potatoes	Three Bean Burger with Roasted Vegetables And Herbs (VE) (GF) (DF)
On The Side	Roasted Sweet Potato and Mix Roast Peppers with aubergine	Steamed Carrots Green Beans	Sauteed Broccoli & Cauliflower	Sauteed Courgettes & Sweet Potatoes	Peas & Sweetcorn
King Edward Counter also Available to Juniors	Jacket Potato with Beans and Cheese Organic Pasta with Green Pesto	Jacket Potato with Beans and Cheese Organic Pasta Bar with Carbonara Sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Tomato & Basil Sauce	Jacket Potato with Beans and Cheese Organic Pasta with Alfredo sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Marinara Sauce
Salad Bar & Dessert Counter	A Selection of Salads, Bread, Yogurt & Whole Fruit available daily				
Main Dessert	Autumn mixed fruit Compote (DF) (VE)	Apple Cinnamon Spice Cake (DF)	Mixed Berry Crumble Custard (DF) (VE)	Peach and Chocolate Tray Bake (DF)	Marble Sponge Cake

AUTUMN MENU
From 9th Nov

Vegan (VE) Gluten Free (GF) Early Years (EYFS) EYFS Lock Items 🔑

	Monday	Tuesday	Wednesday	Thursday (Caribbean Theme)	Friday
Soup 🔑	Roasted Squash & Lentil Soup (VE) Garlic Bread/Focaccia 🔑	Leek and Potato Soup (VE) Homemade Pumpkin Seeded Bread 🔑	Creamy Parsnip Soup Homemade Bread (VE) 🔑	Roasted Red Pepper & Pumpkin Soup (VE) Banana Bread 🔑	Carrot and Orange Soup (VE) Homemade Olive Bread
Home From Home	Beef Chilli Con Carne Served With 50/50 Steamed Rice Tortilla Chips Guacamole (EYFS) (GF) (DF)	Oven-Baked Cajun Chicken Penne Pasta With Spring Onions Sweet Peppers Light Tomato Sauce & Melted Cheddar Cheese (EYFS)	"PHS Favourite" Chicken Katsu Curry with 50/50 Rice (EYFS) (GF)	Caribbean Mutton Curry With Rice & Peas (EYFS) (GF) (DF)	Chicken Fajita Wrap served with Fries (EYFS)
Meat Free	Veggie Bean Chilli Served With 50/50 Steamed Rice Tortilla Chips Guacamole (VE) (EYFS) (DF)	Mediterranean Penne Pasta Bake With Courgettes Aubergines Cherry Tomatoes Basil & Mozzarella Cheese (VE) (EYFS)	Pumpkin Katsu Curry with 50/50 Rice (VE) (EYFS)	Caribbean Jackfruit & Bean Stew with Rice & Peas (VE) (EYFS) (DF)	Vegetable Fajita Wrap served with Fries (EYFS)
Allergen Friendly	Veggie Con Carne Served With 50/50 Steamed Rice Tortilla Chips Guacamole (VE) (GF)	Mediterranean Penne Pasta Bake With Courgettes Aubergines Cherry Tomatoes Basil & Mozzarella Cheese (VE) (GF)	Pumpkin Katsu Curry with 50/50 Rice (VE) (EYFS)	Caribbean Jackfruit & Bean Stew (VE) (GF) (DF)	Vegetable Fajita Wrap served with Fries (VE) (GF) (EYFS)
On The Side	Sauteed Green Beans and Carrots	Roasted Butternut Squash and Roasted Beetroot with Parsnip	Cauliflower and Salt & pepper broccoli	Steamed Cabbage Honey Roasted Carrots	Fries, Pickled Gherkins, Jalapenos, Crispy Onions, Green Peas and Sweetcorn
King Edward Counter also Available to Juniors	Baked Jacket Potato with Beans and Cheese Organic Pasta with Green Pesto	Jacket Potato with Beans and Cheese Organic Pasta Bar with Carbonara Sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Tomato & Basil Sauce	Jacket Potato with Beans and Cheese Organic Pasta with Alfredo sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Marinara Sauce
Salad Bar & Dessert Counter	A Selection of Salads, Bread, Yogurt and Whole Fruit available daily				
Main Dessert 🔑	Beetroot Chocolate Brownie (DF) 🔑	Apple Strudel Custard (DF) (VE)	Banana and Chocolate Crumble (DF) 🔑	Carrot Cake Topped with Cream Cheese 🔑	Homemade Shortbread with fruit (VE) (DF) 🔑

AUTUMN MENU
From 30th Nov

Vegan (VE) Gluten Free (GF) Early Years (EYFS) EYFS Lock Items 🔑

	Monday	Tuesday	Wednesday	Thursday (Caribbean Theme)	Friday
Soup 🔑	Roasted Squash & Lentil Soup (VE) Garlic Bread/Focaccia 🔑	Leek and Potato Soup (VE) Homemade Pumpkin Seeded Bread 🔑	Creamy Parsnip Soup Homemade Bread (VE) 🔑	Roasted Red Pepper & Pumpkin Soup (VE) Banana Bread 🔑	Carrot and Orange Soup (VE) Homemade Olive Bread
Home From Home	Beef Chilli Con Carne Served With 50/50 Steamed Rice Tortilla Chips Guacamole (EYFS) (GF) (DF)	Oven-Baked Cajun Chicken Penne Pasta With Spring Onions Sweet Peppers Light Tomato Sauce & Melted Cheddar Cheese (EYFS)	"PHS Favourite" Chicken Katsu Curry with 50/50 Rice (EYFS) (GF)	Caribbean Mutton Curry With Rice & Peas (EYFS) (GF) (DF)	Chicken Fajita Wrap served with Fries (EYFS)
Meat Free	Veggie Bean Chilli Served With 50/50 Steamed Rice Tortilla Chips Guacamole (VE) (EYFS) (DF)	Mediterranean Penne Pasta Bake With Courgettes Aubergines Cherry Tomatoes Basil & Mozzarella Cheese (VE) (EYFS)	Pumpkin Katsu Curry with 50/50 Rice (VE) (EYFS)	Caribbean Jackfruit & Bean Stew with Rice & Peas (VE) (EYFS) (DF)	Vegetable Fajita Wrap served with Fries (EYFS)
Allergen Friendly	Veggie Con Carne Served With 50/50 Steamed Rice Tortilla Chips Guacamole (VE) (GF)	Mediterranean Penne Pasta Bake With Courgettes Aubergines Cherry Tomatoes Basil & Mozzarella Cheese (VE) (GF)	Pumpkin Katsu Curry with 50/50 Rice (VE) (EYFS)	Caribbean Jackfruit & Bean Stew (VE) (GF) (DF)	Vegetable Fajita Wrap served with Fries (VE) (GF) (EYFS)
On The Side	Sauteed Green Beans and Carrots	Roasted Butternut Squash and Roasted Beetroot with Parsnip	Cauliflower and Salt & pepper broccoli	Steamed Cabbage Honey Roasted Carrots	Fries, Pickled Gherkins, Jalapenos, Crispy Onions, Green Peas and Sweetcorn
King Edward Counter also Available to Juniors	Baked Jacket Potato with Beans and Cheese Organic Pasta with Green Pesto	Jacket Potato with Beans and Cheese Organic Pasta Bar with Carbonara Sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Tomato & Basil Sauce	Jacket Potato with Beans and Cheese Organic Pasta with Alfredo sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Marinara Sauce
Salad Bar & Dessert Counter	A Selection of Salads, Bread, Yogurt and Whole Fruit available daily				
Main Dessert 🔑	Beetroot Chocolate Brownie (DF) 🔑	Apple Strudel Custard (DF) (VE)	Banana and Chocolate Crumble (DF) 🔑	Carrot Cake Topped with Cream Cheese 🔑	Homemade Shortbread with fruit (VE) (DF) 🔑

THE PUTNEY HILL KITCHEN

AUTUMN MENU

From 7th Dec

Vegan (VE) Gluten Free (GF) Early Years (EYFS) EYFS Lock Items

	Monday	Tuesday	Wednesday	Thursday (Greek Theme)	Friday
Soup	Carrot & Coriander Soup Sundried Tomato Bread (VE)	Sweet Potato Soup Garlic & Rosemary Focaccia (VE)	Black-Eyed Bean Soup French Baguette (VE)	Courgette And Mint Soup Greek Style Flat Bread (VE)	Lentil and Spinach with Homemade Bread (VE)
Home From Home	PHS Traditional Beef Meat Ball Stroganoff With Linguine Pasta (EYFS)	Thai Green Chicken Curry Served with Coconut Sticky Rice and Prawn Crackers (GF) (EYFS) (DF)	Oriental style Sticky Hoisin Pork Noodles With Mix Vegetables (EYFS) (DF)	Chicken Gyros With Flat Bread and Greek Salad with Tzatziki sauce (EYFS) (DF)	Battered Fish Fillet with Fries, Peas And Tartare Sauce (EYFS) (DF)
Meat Free	Sweet Potatoes Lentil & Mushrooms Stroganoff with Linguine Pasta (VE) (EYFS)	Thai Red Vegetable Curry Served with Coconut Sticky Rice & Prawn Crackers (VE) (EYFS) (DF)	Crispy Tofu & Vegetable Vegetables Noodles Stir Fry With Peppers Carrots Pak Choi Spring Onion Sweet Chilli Soya Garlic Sauce (VE) (EYFS) (DF)	Traditional Lentil & Aubergine Moussaka Greek style (VE) (EYFS)	Homemade Sweet Potato and Oyster Mushroom Burgers With Fries and Peas (VE) (EYFS) (DF)
Allergen Friendly	Sweet Potatoes Lentil & Mushrooms Stroganoff with Linguine Pasta (VE) (GF)	Thai Red Vegetable Curry Served with Coconut Sticky Rice & Prawn Crackers (VE) (GF)	Crispy Tofu & Vegetable Vegetables Noodles Stir Fry With Peppers Carrots Pak Choi Spring Onion Sweet Chilli Soya Garlic Sauce (VE) (GF)	Traditional Lentil & Aubergine Moussaka Greek style (VE) (GF)	Homemade Sweet Potato and Oyster Mushroom Burgers With Fries and Peas (VE) (GF)
On The Side	Turmeric Green Beans and Cauliflower	Steamed Broccoli & Carrots	Sauteed Garlic Green Beans & Carrots	Roasted Courgette Aubergine and Peppers with Onions	Fries, Tartare Sauce & Garden Peas
King Edward Counter also Available to Juniors	Baked Jacket Potato with Beans and Cheese Organic Pasta with Green Pesto	Jacket Potato with Beans and Cheese Organic Pasta Bar with Carbonara Sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Tomato & Basil Sauce	Jacket Potato with Beans and Cheese Organic Pasta with Alfredo sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Marinara Sauce
Salad Bar & Dessert Counter	A Selection of Salads, Bread, Yogurt and Whole Fruit available daily				
Main Dessert	Homemade oat Flapjack (DF) (VE) With Cranberries & Dried Apricots	Raspberry Ripple Cake (DF)	Sticky Toffee Pudding	Orange and Ginger cake (DF)	Eton Mess

AUTUMN MENU

From 14 Dec

Vegan (VE) Gluten Free (GF) Early Years (EYFS) EYFS Lock Items

	Monday	Tuesday	Wednesday	Thursday (Italian Theme)	Friday
Soup	Roasted Tomato & Basil Soup Homemade Bread with Mixed Herbs (VE)	Creamy Parsnips Homemade Bread (VE)	Rustic Vegetable Soup Homemade Bread with Olives (VE)	Minestrone Soup Garlic & Rosemary Bread (VE)	Roasted Butternut Squash And Peppers Homemade Bread with sundried tomato (VE)
Home From Home	Salmon & Green Peas Pasta Bake	Chicken Katsu Curry with 50/50 Rice (EYFS)	Cumberland Sausage and Creamy Mashed Potatoes and gravy (EYFS)	Classic Italian Beef Lasagne With Garlic Bread (EYFS)	Fish & Chips With Homemade Tartare Sauce (EYFS)
Meat Free	Potato Gnocchi with Courgette & Broccoli Basil Pesto Sauce (VE) (EYFS)	Chickpea & Butternut Squash Vegetable Katsu (VE)	Homemade Vegetable & Lentil Shepherds Pie With Creamy Mashed Potato & Gravy (VE)	Classic Italian Beef Lasagne With Garlic Bread (EYFS)	Three Bean Burger with Roasted Vegetables And Herbs (VE)
Allergen Friendly	Potato Gnocchi Basil Pesto Sauce (VE) (GF)	Vegetable Chickpea Butternut Squash Curry With 50/50 Rice (VE GF)	Homemade Vegetable And Lentil Shepherds Pie With Creamy Mashed Potato & Gravy (VE) (GF)	Vegetarian Lasagne with Oyster Mushrooms Red Lentil Carrots Red Peppers Layered With Tomato Creamy Cheese Sauce (VE) (GF)	Three Bean Burger with Roasted Vegetables And Herbs (VE) (GF)
On The Side	Roasted Sweet Potato and Mix Roast Peppers with aubergine.	Steamed Carrots Green Beans	Sauteed Broccoli & Cauliflower	Sauteed Courgettes & Sweet Potatoes	Peas & Sweetcorn
King Edward Counter also Available to Juniors	Jacket Potato with Beans and Cheese Organic Pasta with Green Pesto	Jacket Potato with Beans and Cheese Organic Pasta Bar with Carbonara Sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Tomato & Basil Sauce	Jacket Potato with Beans and Cheese Organic Pasta with Alfredo sauce	Jacket Potato with Beans and Cheese Organic Pasta Bar with Marinara Sauce
Salad Bar & Dessert Counter	A Selection of Salads, Bread, Yogurt & Whole Fruit available daily				
Main Dessert	Autumn Fruit Mixed Berry fruit Compote	Apple Cinnamon Spice Cake	Mixed Berry Crumble Custard	Apricot and Chocolate Tray Bake	Marble Sponge Cake