

Autumn Menu 2020



Monday

Tuesday

Wednesday

Thursday

Friday

Week One

1st Sept
21st Sept
12th Oct
16th Nov
7th Dec

Option 1	Chicken Curry with 50/50 Rice	Beef Burger with Wedges	Roast Chicken & Stuffing, Roast Potatoes & Gravy	Macaroni Cheese with Garlic Bread	MSC Fishfingers/Salmon Fishfingers with Chips with Chips
Option 2	Vegetarian Bolognese with Spaghetti	Quorn Burger with Wedges	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips
Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
Dessert	Mixed Fruit Crumble with Cream	Fresh Fruit & Yoghurt Station	Lemon Drizzle Cake	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily

Week Two

7th Sept
28th Sept
2nd Nov
23rd Nov
14th Dec

Option 1	BBQ Chicken Pasta	Sausage Roll with Wedges	Roast Pork served with a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	Battered Fish with Chips
Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable & Bean Wraps with 50/50 Rice	Spanish Omelette with Chips
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Chocolate & Beetroot Brownie	Fresh Fruit & Yoghurt Station	Iced Sponge	Apple Sponge & Custard	Spanish Cookie

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three

14th Sept
5th Oct
9th Nov
30th Nov
21st Dec

Option 1	Cheese & Tomato Pizza with Potato Salad	Lemon Turkey Stuffed Pitta Pouch with Rice	Roast Gammon, Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Fishfingers/Salmon Fishfingers with Chips with Chips
Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice	Cheese & Potato Wheel with Chips
Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square	Fresh Fruit & Yoghurt Station	Marble Cake	Orange Drizzle Cake	Peaches & Ice Cream

Or a choice of Yoghurt & Fresh Fruit available daily

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

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Week One

Option 1	Chicken Curry with 50/50 Rice C46 (V3)	Beef Burger with Wedges B5 (V2)	Roast Chicken served Roast Potatoes, Stuffing & Gravy C5 (V2)	Macaroni Cheese V11 (V3) with Garlic Bread (SD 50)	MSC Fishfingers/ Salmon Fishfingers with Chips F6 (V3) / F1 (V2)
Option 2	Vegetarian Bolognese with Spaghetti V66	Quorn Burger with Wedges V47 (V2)	Lentil & Basil Whirl with Roast Potatoes V135 (V2)	Lentil & Sweet Potato Curry with 50/50 Rice V108 (V4)	Vegetable Pasty with Chips V35 (V4)
Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
Dessert	Mixed Fruit Crumble with Cream D115 (V2)	Fresh Fruit & Yoghurt Station	Lemon Drizzle Cake D168 (V2)	Chocolate & Orange Cake with Choc Sauce D178 (V2)	Vanilla Shortbread D57 (V1)
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two

Option 1	BBQ Chicken Pasta C73 (V1)	Sausage Roll with Wedges P19 (V1)	Roast Pork in a Baguette or Roast Potatoes & Gravy P10, KS9	Chicken Wraps with 50/50 Rice C54 (V1)	MSC Fish in Batter with Chips F3 (V1)
Option 2	Vegetable Tagine with Rice (V140 (V4)	Vegan Mexican Roll with Wedges V161 (V1)	Quorn Roast Fillet with Roast Potatoes & Gravy V150 (V1)	Vegetable & Bean Wraps with 50/50 Rice V63 (V3)	Spanish Omelette with Chips V9 (V1)
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Chocolate & Beetroot Brownie D169 (V2)	Fresh Fruit & Yoghurt Station	Iced Sponge D177 (V1)	Apple Sponge & Custard D191 (V1)	Spanish Cookie D84 (V2)
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Three

Option 1	Cheese & Tomato Pizza with Potato Salad V31 (V5)	Lemon Turkey Stuffed Pitta Pouch with Rice T8 (V2)	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognese B37 (V1)	MSC Fish in Batter with Chips F3 (V1)
Option 2	Summer Vegetable Risotto V133 (V2)	Tomato & Vegetable Pasta V16 (V2)	Vegetable Wellington, Roast Potatoes & Gravy V12 (V5)	Five Bean Chilli with Rice V138 (V2)	Cheese & Potato Wheel with Chips V37 (V3)
Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square D141 (V2)	Fresh Fruit & Yoghurt Station	Marble Cake D199 (V1)	Orange Drizzle Cake D182 (V1)	Peaches & Ice Cream D166 (V1)
Or a choice of Yoghurt & Fresh Fruit available daily					