

Autumn Menu 2020



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------|---|--|--|---|------------------------------------|
| Week One 31/08 21/09 12/10 09/11 30/11 | Option 1 | Macaroni Cheese | Beef Burger in a Bun with Wedges | Roast Chicken * with Roast Potatoes & Gravy | Chinese Chicken Curry* with 50/50 Rice | MSC Salmon Fish Fingers with Chips |
| | Option 2 | Lentil & Sweet Potato Curry with 50/50 Rice | Cheese & Tomato Pizza | Lentil & Basil Whirl with Roast Potatoes & Gravy | Soya Mince Lasagne with Garlic Bread | Cheese & Tomato Pizza with Chips |
| | Vegetables | Peas Carrots | Baked Tomatoes Green Beans | Carrots Diced Swede | Broccoli Sweetcorn | Baked Beans Peas |
| | Dessert | Mixed Fruit Crumble with Cream | Vanilla Shortbread with Fruit or Yoghurt | Fresh Fruit Yoghurt | Chocolate & Orange Cake with Choc Sauce | Ice Cream with Fruit |

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| Week Two 07/09 28/09 19/10 16/11 07/12 | Option 1 | Soya Bolognaise with Spaghetti | Pork Sausages * with Mash & Gravy | Roast Beef * with Roast Potatoes & Gravy | BBQ Chicken Pasta * | MSC Fish Fingers with Chips |
| | Option 2 | Vegetable & Bean Fajitas with 50/50 Rice | Vegetarian Sausages with Mash & Gravy | Quorn Roast with Roast Potatoes & Gravy | Vegetable Tagine with Couscous | Spanish Omelette with Chips |
| | Vegetables | Green Beans Cauliflower | Carrots Cabbage | Medley of Vegetables | Broccoli Sweetcorn | Baked Beans Peas |
| | Dessert | Fresh Fruit & Yoghurt Station | Lemon & Orange Shortbread with Fruit or Yoghurt | Ice Cream with Fruit | Apple Sponge & Custard | Lemon Drizzle Cake |

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| Week Three 14/09 05/10 02/11 23/11 14/12 | Option 1 | Cheese & Tomato Pizza with Wedges | Beef Tortilla Stack * with New Potatoes | Roast Chicken * with Roast Potatoes & Gravy | Smokey Chicken Wrap* with 50/50 Rice | MSC Fish in Batter with Chips |
| | Option 2 | Summer Vegetable Risotto | Tomato & Vegetable Pasta | Vegetable Wellington, Roast Potatoes & Gravy | Five Bean Chilli with 50/50 Rice | Cheese & Potato Whirl with Chips |
| | Vegetables | Sweetcorn Broccoli | Cauliflower Green Beans | Carrot Cabbage | Broccoli Sweetcorn | Baked Beans Peas |
| | Dessert | Sticky Toffee Apple Crumble with Custard | Fruit Salad with Cream | Fresh Fruit Yoghurt | Raisin & Yoghurt Cake | Chocolate & Beetroot Brownie |

*** HALAL OPTION AVAILABLE**

Available Daily
- Freshly cooked jacket potatoes with a choice of fillings available Monday, Tuesday & Thursday
- Bread freshly baked on site daily
- Daily salad selection
- Choice of fruit, yoghurt or cheese & crackers

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.