

Autumn Menu 2020



Monday

Tuesday

Wednesday

Thursday

Friday

Week One

Option 1	Chinese Chicken Curry with 50/50 Rice  	Beef Burger with Wedges	Roast Chicken served with a Baguette or Roast Potatoes & Gravy	Macaroni Cheese	MSC Breaded Fish with Chips
Option 2	Soya Bolognese with Spaghetti 	Quorn Burger with Wedges	Lentil & Tomato Whirl with Roast Potatoes 	Lentil & Sweet Potato Curry with 50/50 Rice  	Vegetable Pasty with Chips 
Vegetables	Cauliflower Broccoli	Rainbow Slaw Mixed Salad	Carrot & Cucumber Sticks	Sweetcorn Baked Tomatoes	Baked Beans
Dessert	Mixed Fruit Crumble with Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread 








Or a choice of Yoghurt & Fresh Fruit available daily

Week Two

Option 1	BBQ Chicken Pasta	Sausage Roll with Wedges	Roast (as advertised), Roast Potatoes & Gravy	Chicken Fajitas with 50/50 Rice  	MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2	Vegetable Tagine with Couscous 	Vegan Mexican Roll with Wedges 	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable & Bean Fajitas with 50/50 Rice  	Spanish Omelette with Chips
Vegetables	Sweetcorn Broccoli	Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans
Dessert	Chocolate & Beetroot Brownie	Iced Sponge	Fresh Fruit & Yoghurt Station	Apple Sponge & Custard	Spanish Cookie 

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three

Option 1	Cheese & Tomato Pizza with Potato Salad 	Lemon Turkey Stuffed Pitta Pouch with Couscous	Roast (as advertised), Roast Potatoes & Gravy	Spaghetti Bolognese 	MSC Fish in Batter with Chips
Option 2	Summer Vegetable Risotto 	Tomato & Vegetable Pasta 	Vegetable Wellington, Roast Potatoes & Gravy 	Soya Mince Lasagne with Garlic Bread	Cheese & Potato Wheel with Chips
Vegetables	Sweetcorn	Tomato & Onion Slaw Carrot Sticks	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans
Dessert	Banana Chocolate Oaty Square  	Marble Cake & Custard	Fresh Fruit & Yoghurt Station	Orange Drizzle Cake	Peaches/ Mandarins & 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.