

# Autumn Menu 2020



## Monday

## Tuesday



## Wednesday

## Thursday

## Friday

### Week One

1<sup>st</sup> Sept  
21<sup>st</sup> Sept  
12<sup>th</sup> Oct  
16<sup>th</sup> Nov  
7<sup>th</sup> 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

7<sup>th</sup> Sept  
28<sup>th</sup> Sept  
2<sup>nd</sup> Nov  
23<sup>rd</sup> Nov  
14<sup>th</sup> 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

14<sup>th</sup> Sept  
5<sup>th</sup> Oct  
9<sup>th</sup> Nov  
30<sup>th</sup> Nov  
21<sup>st</sup> 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.