

# Autumn Menu 2020



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 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	Quorn Burger in a Bun with Wedges	Lentil & Tomato Whirl with Roast Potatoes & Gravy	Jacket Potato with Baked Beans or Cheese	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	Fresh Fruit & Yoghurt Station	Vanilla Shortbread with Fruit or Yoghurt	Chocolate & Orange Cake with Choc Sauce	Ice Cream with Fruit

<b>Week Two</b> 07/09 28/09 19/10 16/11 07/12	Option 1	Soya Bolognaise with Spaghetti	Pork Sausages * with Mash & Gravy	Roast Chicken* with Roast Potatoes & Gravy	BBQ Chicken Pasta *	MSC Fish Fingers with Chips
	Option 2	Jacket Potato with Baked Beans or Cheese	Vegetarian Sausages with Mash & Gravy	Quorn Roast Fillet 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

<b>Week Three</b> 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	Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Jacket Potato with Baked Beans or Cheese	Cheese & Potato Wheel 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	Raisin & Yoghurt Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie

**\* HALAL OPTION AVAILABLE**

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where school advertises)
- 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.