

Autumn Menu 2020

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p>Option 1 Beef Burger in a bun with Potato Wedges</p> <p>Option 2 Soya Bolognese with Spaghetti</p> <p>Vegetables BBQ Beans Rainbow Slaw</p> <p>Dessert Fresh Fruit & Yoghurt Station</p>	<p>Chinese Chicken Curry with 50/50 Rice</p> <p>Quorn Burger in a Bun with Potato Wedges</p> <p>Tomato & Onion Salad Broccoli</p> <p>Lemon Drizzle Cake</p> <p>Or a choice of Yoghurt & Fresh Fruit available daily</p>	<p>Roast Chicken served with Roast Potatoes & Gravy</p> <p>Vegetable Toad in the Hole with Roast Potatoes & Gravy</p> <p>Cauliflower Carrots</p> <p>Peaches/ Mandarins & Ice Cream</p>	<p>Macaroni Cheese</p> <p>Lentil & Sweet Potato Curry with 50/50 Rice</p> <p>Sweetcorn Baked Tomatoes</p> <p>Chocolate & Orange Cake with Choc Sauce</p>	<p>MSC Breaded Fish with Chips</p> <p>French Bread Cheese & Tomato Pizza with Chips</p> <p>Baked Beans Peas</p> <p>Vanilla Shortbread</p>
Week Two	<p>Option 1 BBQ Chicken Pasta</p> <p>Option 2 Vegetable Tagine with Couscous</p> <p>Vegetables Sweetcorn Broccoli</p> <p>Dessert Fruit Flapjack</p>	<p>Sausage Roll with Wedges</p> <p>Vegan Mexican Roll with Wedges</p> <p>Peas Carrot & Beetroot Slaw</p> <p>Iced Sponge</p> <p>Or a choice of Yoghurt & Fresh Fruit available daily</p>	<p>Roast Bacon Loin, Roast Potatoes & Gravy</p> <p>Broccoli Pasta Bake</p> <p>Carrots Green Beans</p> <p>Fresh Fruit & Yoghurt Station</p>	<p>Chicken Fajitas with 50/50 Rice</p> <p>Vegetable & Bean Fajitas with 50/50 Rice</p> <p>Summer Roasted Vegetables</p> <p>Apple Sponge & Custard</p>	<p>MSC Fishfingers/ Salmon Fishfingers with Chips</p> <p>Quorn Sausage in a bun served with Chips</p> <p>Baked Beans Peas</p> <p>Orange and Lemon Shortbread</p>
Week Three	<p>Option 1 Spaghetti Bolognese</p> <p>Option 2 Cheese & Tomato Pinwheel with Roasted New Potatoes</p> <p>Vegetables Carrots Green Beans</p> <p>Dessert Banana Sponge</p>	<p>Fork Sausage in a Hot Dog Roll with Potato Wedges</p> <p>Tomato & Vegetable Pasta</p> <p>Peas Carrot Sticks</p> <p>Marble Cake & Custard</p> <p>Or a choice of Yoghurt & Fresh Fruit available daily</p>	<p>Roast Turkey, Roast Potatoes & Gravy</p> <p>Quorn Roast Fillet with Roast Potatoes & Gravy</p> <p>Mixed Vegetables Cabbage</p> <p>Fresh Fruit & Yoghurt Station</p>	<p>Cheese & Tomato Pizza with Potato Salad</p> <p>Soya Mince Lasagne with Garlic Bread</p> <p>Broccoli Sweetcorn</p> <p>Orange Drizzle Cake</p>	<p>MSC Fish in Batter with Chips</p> <p>Vegetable Pasty with Chips</p> <p>Baked Beans Peas</p> <p>Spanish Cookie with mixed Berry Compote</p>

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.

 **Added Plant Power**
 **Vegan**
 **Wholemeal**