






# Autumn Menu 2020

-  Added Plant Power
-  Vegan
-  Wholemeal

		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 	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 	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 Bolognese 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 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 Gammon * 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 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

**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.

**\* HALAL OPTION AVAILABLE**