

Autumn Menu 2020



Monday








Tuesday

Wednesday

Thursday

Friday

Week One 7 – Sept 28 – Sept 19 - Oct

Option 1	Beef Burger in a bun with Potato Wedges	Chinese Chicken Curry with 50/50 Rice  	Roast Chicken served with Roast Potatoes & Gravy	Macaroni Cheese	MSC Breaded Fish with Chips
Option 2	Soya Bolognese with Spaghetti 	Quorn Burger in a Bun with Potato Wedges	Vegetable Toad in the Hole with Roast Potatoes & Gravy	Lenfil & Sweet Potato Curry with 50/50 Rice  	French Bread Cheese & Tomato Pizza with Chips
Vegetables	BBQ Beans Rainbow Slaw	Tomato & Onion Salad Broccoli	Cauliflower Carrots	Sweetcorn Baked Tomatoes	Baked Beans Peas
Dessert	Fresh Fruit & Yoghurt Station 	Lemon Drizzle Cake	Peaches/ Mandarins & Ice Cream Tub	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread 






Or a choice of Yoghurt & Fresh Fruit available daily

Week Two 14 – Sept 05 – Oct

Option 1	BBQ Chicken Pasta	Sausage Roll with Wedges	Roast Bacon Loin, Roast Potatoes & Gravy	Chicken Fajitas with 50/50 Rice  	MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2	Vegetable Tagine with Rice 	Vegan Mexican Roll with Wedges 	Broccoli Pasta Bake	Vegetable & Bean Fajitas with 50/50 Rice  	Quorn Sausage in a bun served with Chips
Vegetables	Sweetcorn Broccoli	Peas Baked Beans	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Fruit Flapjack	Iced Sponge	Fresh Fruit & Yoghurt Station	Apple Sponge & Custard	Orange and Lemon Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three 21 – Sept 12 – Oct 2 - Nov

Option 1	Spaghetti Bolognese 	Pork Sausage in a Hot Dog Roll with Potato Wedges & Ketchup	Roast Turkey, Roast Potatoes & Gravy	Cheese & Tomato Pizza with Potato Salad 	MSC Fish in Batter with Chips
Option 2	Cheese & Tomato Pinwheel with Roasted New Potatoes	Tomato & Vegetable Pasta 	Quorn Roast Fillet with Roast Potatoes & Gravy	Soya Mince Lasagne with Garlic Bread	Vegetable Pasty with Chips 
Vegetables	Carrots Green Beans	Peas Carrot Sticks	Mixed Vegetables Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Sponge	Marble Cake & Custard	Fresh Fruit & Yoghurt Station	Orange Drizzle Cake	Spanish Cookie with mixed Berry Compote 

Or a choice of Yoghurt & Fresh Fruit available daily

Available Daily:

- Freshly cooked jacket potatoes with a choice of Cheese, beans or Tuna
- Bread freshly baked on site daily
- Daily salad pots

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.