

Norwood Autumn Menu 2021



Monday

Tuesday

Wednesday

Thursday

Friday

Week One
10th January
2022
31st January
2022

Option 1	Chicken Fajitas with 50/50 Rice	Beef Lasagne with Garlic Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Pork Hotdog with Potato Wedges	MSC Fishfingers/Salmon Fishfingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Tomato Pasta with Garlic Bread	Vegetable Hotpot with Roast Potatoes and Gravy	Devil's Kitchen Sausage Hotdog with Potato Wedges	Cheese and Tomato Pinwheel with Chips
Vegetables	Pepper Sticks Peas	Mixed Vegetables Carrots	Cauliflower Broccoli	Baked Beans Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Crumble with Custard	Oaty Cookie	Cheese and Crackers and Fruit	Mandarin Jelly	Chocolate Muffin

Week Two
17th January
2022
7th February
2022

Option 1	Cheese and Tomato Pizza with Diced Herb Potatoes	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Sausage Roll with Wedges and Ketchup	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with 50/50 Rice	Vegetable Curry with Rice	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips
Vegetables	Baked Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Vanilla Shortbread	Chocolate Crunch with Custard	Cheese and Crackers and Fruit	Peach Upside Down Cake with Vanilla Custard	Flapjack with Fruit

Week Three
3rd January 2022
24th January
2022

Option 1	Meatballs in Tomato Sauce with Rice	Sausages with Mashed Potato	Roast Beef with Roast Potatoes and Gravy	Spaghetti Bolognese	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Devil's Kitchen Meatballs in Tomato Sauce with Rice	Quorn Sausages with Mashed Potato	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake	BBQ Quorn with Chips
Vegetables	Broccoli Sweetcorn	Green Beans Sweetcorn	Carrot Swede	Mixed Vegetables Garden Peas	Coleslaw BBQ Baked Beans
Dessert	Lemon and Forest Fruit Sponge with Custard	Gingerbread Biscuit	Cheese and Crackers and Fruit	Chocolate Sponge with Chocolate Sauce	Pinwheel Cookie

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings Tuna, Baked Beans, Cheese
- 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.