

Autumn Menu 2020



Monday

Tuesday

Wednesday

Thursday

Friday

Week One

07 Sept
28 Sept
19 Oct
16 Nov
07 Dec

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|------------|---|--|--|---|---|
| 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 | Lentil & 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 | Chocolate & Orange Cake with Choc Sauce | Vanilla Shortbread |

Or a choice of Yoghurt & Fresh Fruit available daily

Week Two

14 Sept
05 Oct
02 Nov
23 Nov
14 Dec

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|------------|--------------------------------|--------------------------------|--|--|--|
| 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 Couscous | 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 Carrot & Beetroot Slaw | 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
09 Nov
30 Nov

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|------------|--|---|--|---|---|
| Option 1 | Spaghetti Bolognese | Pork Sausage in a Hot Dog Roll with Potato Wedges | 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 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.

Summer Menu 2020

-  Added Plant Power
-  Vegan
-  Wholemeal

Monday

Tuesday








Wednesday

Thursday

Friday

Week One

- 20-Apr
- 11-May
- 08-Jun
- 29-Jun

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|------------|---|--|--|---|---|
| Option 1 | Beef Burger in a bun with Potato Wedges B5 (V2) | Chinese Chicken Curry with 50/50 Rice C46 (V3)   | Roast Chicken served with Roast Potatoes & Gravy C5 (V2) | Macaroni Cheese V11 (V3) | MSC Breaded Fish with Chips F7 (V1) |
| Option 2 | Soya Bolognaise with Spaghetti V18 (V3)  | Quorn Burger in a Bun with Potato Wedges V47 (V2) | Vegetable Toad in the Hole with Roast Potatoes & Gravy V4 (V2) | Lentil & Sweet Potato Curry with 50/50 Rice V108 (V4)   | French Bread Cheese & Tomato Pizza with Chips V5 (V2) |
| 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 D168 (V2) | Peaches/ Mandarins & Ice Cream D166 (V1) | Chocolate & Orange Cake with Choc Sauce D178 (V2) | Vanilla Shortbread D57 (V1)  |

Ora choice of Yoghurt & Fresh Fruit available daily

Week Two




- 27-Apr
- 18-May
- 15-Jun
- 06-Jul

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|------------|--|--|--|---|--|
| Option 1 | BBQ Chicken Pasta C73 (V1) | Sausage Roll with Wedges P19 (V1) | Roast Bacon Loin, Roast Potatoes & Gravy | Chicken Fajitas with 50/50 Rice C54 (V1)   | MSC Fishfingers/ Salmon Fishfingers with Chips F6 (V3) / F1 (V2) |
| Option 2 | Vegetable Tagine with Couscous V140 (V4)  | Vegan Mexican Roll with Wedges V161 (V1)  | Broccoli Pasta Bake V51 (V2) | Vegetable & Bean Fajitas with 50/50 Rice V63 (V3)   | Quorn Sausage in a bun served with Chips V104 (V1)  |
| Vegetables | Sweetcorn Broccoli | Peas Carrot & Beetroot Slaw | Carrots Green Beans | Summer Roasted Vegetables | Baked Beans Peas |
| Dessert | Apple & Raisin Flapjack D6 (V2) | Iced Sponge D177 (V1) | Fresh Fruit & Yoghurt Station | Apple Sponge & Custard D191 (V1) | Orange and Lemon Shortbread D194 (V1) |

Ora choice of Yoghurt & Fresh Fruit available daily

Week Three

- 04-May
- 01-Jun
- 22-Jun
- 13-Jul

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|------------|---|--|--|--|---|
| Option 1 | Spaghetti Bolognaise B37 (V1)  | Pork Sausage in a Hot Dog Roll with Potato Wedges P13 (V3) | Roast Turkey, Roast Potatoes & Gravy T1 (V1) | Cheese & Tomato Pizza with Potato Salad V31 (V5)  | MSC Fish in Batter with Chips F3 (V1) |
| Option 2 | Cheese & Tomato Pinwheel with Roasted New Potatoes V40 (V1) | Tomato & Vegetable Pasta V160 (V2)   | Quorn Roast Fillet with Roast Potatoes & Gravy V150 (V1) | Soya Mince Lasagne with Garlic Bread V122 (V1) | Vegetable Pasty with Chips V35 (V4) |
| Vegetables | Carrots Green Beans | Peas Carrot Sticks | Mixed Vegetables Cabbage | Broccoli Sweetcorn | Baked Beans Peas |
| Dessert | Banana Sponge D173 (V1) | Marble Cake & Custard D199 (V1) | Fresh Fruit & Yoghurt Station | Orange Drizzle Cake D182 (V1) | Spanish Cookie with mixed Berry compote |

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