

Autumn Menu 2021

Added Plant Power
 Vegan
 Wholemeal

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and Bean Fajitas with Rice	Sausage roll with ½ Baked potato	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Spaghetti Bolognaise	MSC Fishfingers/salmon Fish Fingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Tomato, Lentil pasta bake	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable sausage hotdog with Potato Wedges	Cheese and Tomato Pinwheel with Chips
Option 3	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
Vegetables	Green Beans Carrots	Pears Sweetcorn	Cauliflower Savoy cabbage	Carrots Broccoli	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble	Only Cookie	Mandarin Jelly	Pineapple Sponge	Apple, Cheese and Biscuits

Or a choice of Yoghurt & Fresh Fruit available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pizza with Wedges	Sausage & Mash	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Vegetable Tagline with Couscous	Roasted Cauliflower Curry with Rice	Roasted Quorn with Roast Potatoes and Gravy	Vegetable Lasagne	Vegetable Pasta with Chips
Option 3	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
Vegetables	Pears Sweetcorn	Carrots Green beans	Broccoli Carrots	Sweetcorn Savoy Cabbage	Baked Beans Garden Peas
Dessert	Fruit Crumble with Custard	Lemon Drizzle Cake	Chocolate Shortbread	Peach Pudding with Custard	Apple Flapjack

Or a choice of Yoghurt & Fresh Fruit available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable Hotdog	Beef burger with ½ Baked potato	Roast Gammon with Roast Potatoes and Gravy	Chicken, Pie with Mashed Potatoes	MSC Fishfingers with Chips and Tomato Sauce
Option 2	Veggie Meatballs in Tomato Sauce with Rice	Shepherdess Pie	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable Pasta Bake	BBQ Quorn with Chips
Option 3	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Swede Broccoli	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Eves Pudding with Custard	Vanilla sponge with chocolate sauce	Fruity Shortbread	Pear and Chocolate crumble and Custard	Iced Sponge

Or a choice of Yoghurt & Fresh Fruit available daily

Week 1
30/08/2021
20/09/2021
11/10/2021
08/11/2021
29/11/2021
03/01/2022
24/01/2022
14/02/2022

Week 2
06/09/2021
27/09/2021
18/10/2021
15/11/2021
06/12/2021
10/01/2022
31/01/2022

Week 3
13/09/2021
04/10/2021
01/11/2021
22/11/2021
13/12/2021
17/01/2022
07/02/2022