

Autumn Menu 2020



Monday

Tuesday

Wednesday

Thursday

Friday

Week One








31-Aug
21-Sep
12-Oct
09-Nov
30-Nov

Option 1	Macaroni Cheese  	Beef Burger with Wedges	Roast Chicken served with Roast Potatoes & Gravy	Lasagne	MSC Breaded Fish with Chips
Option 2	Soya Bolognaise with Spaghetti 	Quorn Burger with Wedges	Quorn Roast with Roast Potatoes 	Soya Bolognaise  	Vegetable Pasty with Chips 
Vegetables	Cauliflower Broccoli	Rainbow Slaw Mixed Salad	Carrot & Cucumber Sticks	Sweetcorn Baked Tomatoes	Baked Beans Peas
Dessert	Mixed Fruit Crumble with Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread 

Or a choice of Yoghurt & Fresh Fruit available daily

Week Two








07-Sep
28-Sep
19-Oct
16-Nov
07-Dec

Option 1	Chicken Pasta	Sausages with Wedges	Roast (as advertised), Roast Potatoes & Gravy	Chicken Fajitas with Rice  	MSC Fishfingers Fishfingers with Chips
Option 2	Vegetable Tagine with Couscous 	Quorn Sausages with Wedges 	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable & Bean Fajitas with Rice  	Quiche Chips
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Chocolate Cake	Iced Sponge	Fresh Fruit & Yoghurt Station	Apple Sponge & Custard	Cookie 

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three

14-Sep
05-Oct
03-Nov
23-Nov
14-Dec

Option 1	Cheese & Tomato Pizza with Potato Salad 	Chicken Stir fry with Noodles	Roast (as advertised), Roast Potatoes & Gravy	Spaghetti Bolognaise 	MSC Fish in Batter with Chips
Option 2	Cheese & Tomato Pizza with Potato Salad 	Tomato & Vegetable Pasta 	Vegetable Wellington, Roast Potatoes & Gravy 	Vegetarian Bolognaise with Garlic Bread	Cheese & Potato Wheel with Chips
Vegetables	Sweetcorn Peas	Carrot Sticks	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square  	Marble Cake & Custard	Fresh Fruit & Yoghurt Station	Orange Drizzle Cake	Peaches/ Mandarins & Ice Cream

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.