

Autumn Menu 2020



		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 9 Nov 30 Nov	Option 1	Chicken Sausage and mash with gravy	Chicken Arrabiata Pasta with Garlic Bread	Roast (as advertised) and Gravy	Chilli Con Carne with 50/50 Rice	MSC Fishfingers/ Salmon Fish fingers
	Option 2	Vegetable Sausage and mash with gravy	Macaroni Cheese	Mixed Vegetable Loaf and Gravy	Five Bean Chilli with 50/50 Rice	Spicy Bean Burger
	Vegetables	Sweetcorn Coleslaw	Green Beans Carrots	Cauliflower Broccoli Roast Potato or Mashed Potato	Roasted Mixed Vegetables	Baked Beans Peas Chips or Couscous
	Dessert	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt
Or a choice of Yoghurt & Fresh Fruit available daily						

WEEK TWO 16 Nov 7 Dec	Option 1	Wholemeal BBQ chicken Pizza	50% Plant Based Cottage Pie with Gravy	Roast (as advertised) & Gravy	Chicken Tagine	MSC Breaded Fish
	Option 2	Wholemeal Cheese and Tomato Pizza	Shepherdess Pie with Gravy	Vegetarian Wellington and Gravy	Lentil and Sweet Potato Curry	Red Pepper and Cheese Frittata
	Vegetables	Peppers Green Beans New Potatoes or Couscous	Peas Cauliflower	Cabbage Carrots Mashed Potato or Roast Potato	Sweetcorn Baked Tomatoes Couscous or 50/50 Rice	Baked Beans Peas Chips or New Potatoes
	Dessert	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt
Or a choice of Yoghurt & Fresh Fruit available daily						

WEEK THREE 2 Nov 23 Nov 14 Dec	Option 1	Beef Bolognaise with Spaghettt	50% Plant Based Chicken Pie with Mashed Potato & Gravy	Roast Chicken, Stuffing and Gravy	Beef Lasagne	MSC Fish in Batter
	Option 2	Soya Bolognaise with Spaghettt	Chickpea and Vegetable Hotpot	Quorn Roast	Wholemeal Vegetable Pasta Bake	Vegetable and Bean Fajitas
	Vegetables	Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables Roast Potato or Couscous	Roasted Vegetables Green Beans	Baked Beans Peas Chips or Rice
	Dessert	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:
Freshly cooked jacket potatoes with a choice of fillings

Fresh Wholemeal and other flavoured Bread baked on site daily

Fresh 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.