

Autumn Menu 2021



Monday











Tuesday

Wednesday














Thursday

Friday

WEEK ONE

Option 1	Chicken Arrabiata Pasta 	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes or 50/50 Rice and Gravy 	Beef Bolognese with Spaghetti  	MSC Fishfingers/Salmon Fish Fingers with Chips or Couscous
Option 2	Macaroni Cheese 	Quorn Burger with Potato Wedges 	Vegetable & Lentil Wellington with Roast Potatoes or 50/05 Rice and Gravy  	Tomato and Lentil Pasta  	Glamorgan Bean & Leek Sausage with Chips or Couscous
Vegetables	Green Beans Carrots	Sweet Peppers Sweetcorn	Cauliflower Broccoli	Green Cabbage Swede	Baked Beans Garden Peas
Dessert	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt

WEEK TWO

Option 1	BBQ Chicken Pizza 	Meatball and Spaghetti  	Roast Turkey with Roast Potatoes or 50/50 Rice and Gravy 	Chicken Tikka Masala with 50/50 Rice  	MSC Fish in Batter with Chips or Couscous
Option 2	Cheese and Tomato Pizza 	Mixed Bean Cassoulet with Spaghetti  	Mixed Vegetable & chickpea Loaf with Roast Potatoes or 50/50 Rice and Gravy  	Roasted Cauliflower & Chickpea Curry with 50/50 Rice  	Potato & Spinach Tart with Chips or Couscous
Vegetables	Baked Tomatoes Sweetcorn	Green Beans Carrots	Red Cabbage Parsnips	Green Cabbage Roast Butternut	Baked Beans Garden Peas
Dessert	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt

WEEK THREE

Option 1	Chicken and Bean Fajitas with 50/50 Rice 	Cottage Pie with Gravy 	Jerk Chicken with Rice or Roast Sweet Potato wedges	Sweet & Sour chicken with Egg Noodles 	Breaded Fish with chips or Couscous
Option 2	Vegetable and Bean Fajitas with 50/50 Rice 	Shepherdess Lentil Pie with Gravy 	Lentil & Basil Puff Pastry Whirl with Jolof Rice or Sweet Potato Wedges 	Sweet & Sour Vegetables & Butterbean with Egg Noodles	Red Pepper & Cheese Frittata with chips or Couscous
Vegetables	Broccoli Sweetcorn	Garden Peas Roast Butternut	Carrots Savoy Cabbage	Green Beans Red Cabbage	Baked Beans Baked Tomato
Dessert	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt	Fruit & Yoghurt

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.