

AUTUMN MENU 2020

Monday

Tuesday





Wednesday

Thursday

Friday








WEEK ONE

31 Aug
21 Sep
12 Oct
9 Nov
30 Nov

Option 1	MEAT FREE MONDAY Chickpea Aloo Chaat with 50/50 Rice 	Beef Burger with Potato Wedges	Roast (as advertised), Roast Potatoes or Mashed Potato & Gravy	Chicken & Broccoli Pasta Bake	MSC Breaded Fish with Chips or Couscous 
Option 2	Lentil & Sweet Potato Curry with 50/50 Rice 	Quorn Burger with Potato Wedges	Lentil & Tomato Whirl, Roast Potatoes or Mashed Potatoes & Gravy 	Macaroni Cheese	Vegetable & Red Kidney Bean Enchiladas with Chips or Couscous
Vegetables	Cauliflower Broccoli	Mixed Salad Beetroot & Orange Salad	Peas Carrots	Vegetable Medley Red Cabbage	Baked Beans Peas
Dessert	Fresh Fruit & Yoghurt Station	Peach Crumble with Custard Yoghurt / Fresh Fruit	Tutti Fruity & Yoghurt Yoghurt / Fresh Fruit	Apple Sponge with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station

WEEK TWO

7 Sep
28 Sep
19 Oct
16 Nov
7 Dec

Option 1	MEAT FREE MONDAY Pineapple, Cheese & Tomato Pizza 	Soup day	Roast (as advertised), Roast Potatoes or Mashed Potatoes & Gravy	Beef & Bean Fajitas with 50/50 Rice 	MSC Pollock & Salmon Fish Fingers with Chips or Couscous 
Option 2	Cheese & Tomato Pizza 	Vegetable & Lentil Pasty with Mashed Potatoes 	Quorn & Lentil Roast, Roast Potatoes or Mashed Potatoes & Gravy	Vegetable & Bean Fajitas with 50/50 Rice 	Spanish Omelette with Chips or Couscous
Vegetables	Sweetcorn Mixed Green Salad	Peas Broccoli	Sweetcorn Carrots	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Fresh Fruit & Yoghurt Station	Banana Sponge with Custard Yoghurt / Fresh Fruit	Tutti Fruity & Yoghurt Yoghurt / Fresh Fruit	Pear Crumble with Custard Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt Station

WEEK THREE

14 Sep
5 Oct
2 Nov
23 Nov
14 Dec

Option 1	MEAT FREE MONDAY Jacket potato 	Beef Meatballs in Tomato Sauce with 50/50 Rice 	Roast (as advertised), Roast Potatoes or Mashed Potato & Gravy	Lasagne Bolognese with Mixed Salad 	MSC Fish in Batter with Chips or Couscous 
Option 2	Vegetable & Apricot Tagine with Couscous	Vegetarian Meatballs in Tomato Sauce with 50/50 Rice 	Vegetable Wellington, Roast Potatoes or Mashed Potato & Gravy 	Vegetable & Lentil Lasagne with Mixed Salad	Red Pepper & Cheese Frittata with Chips or Couscous
Vegetables	Sweetcorn Carrots	Cucumber Sticks Carrot Sticks	Sweetcorn & Pea Mix Cabbage	Cauliflower Broccoli	Baked Beans Peas
Dessert	Fresh Fruit & Yoghurt Station	Carrot & Courgette Cake with Custard Yoghurt / Fresh Fruit	Tutti Fruity & Yoghurt Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station

 Added Plant Power
 Vegan
 Wholemeal
 Oily Fish
 Marine Stewardship Council
www.msc.org
Chair of Custody
Reg Code: MML-C1009

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.