

Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|------------|--|--|---|------------------------------------|--|
| Week One | Option 1 | Chicken and Bean Fajitas with 50/50 Rice | Beef Burger in a Bun with Potato Wedges | Roast Chicken, Stuffing, Roast Potatoes & Gravy | Beef Lasagne with Garlic Bread | MSC Fishfingers with Chips & Tomato Sauce |
| | Option 2 | Tomato & Lentil Pasta with Garlic Bread | Vegan Sausage in Hot Dog Bun & Potato Wedges | Veg Wellington, Roast Potatoes & Gravy | Macaroni Cheese | Cheese, Spinach and Potato Quiche with Chips |
| | Option 3 | Jacket Potato with Baked Beans | Lentil and Sweet Potato Curry with Rice | Roast Chicken Baguette | Jacket Potato with Tuna Mayonnaise | Sweet & Sour Vegetable Noodles |
| | Vegetables | Green Beans Carrots | Coleslaw Sweetcorn | Cauliflower Broccoli | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| | Dessert | Sticky Toffee Apple Crumble with Custard | Lemon Drizzle Cake | Mandarin Jelly | Oaty Cookie | Iced Sponge |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | | |

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| Week Two | Option 1 | Chicken Tagine with Couscous | Macaroni Beef Pasta Bake | Roast Gammon, Roast Potatoes & Gravy | Mediterranean Chicken Stew with Rice | MSC Breaded Fish, Chips & Tomato Sauce |
| | Option 2 | Margarita Pizza with Potato Wedges | Vegan Shepherd's Pie with Gravy | Potato and Courgette Layer Bake | Vegetarian Lasagne | Mexican Bean Roll with Chips |
| | Option 3 | Cheese & Pepper Whirl with Potato Wedges | Jacket Potato with Five Bean Chilli | Roast Gammon Baguette | Jacket Potato with Cheese | Tomato Arrabiata Pasta |
| | Vegetables | Green Beans Cauliflower | Garden Peas Carrots | Carrots Broccoli | Sweetcorn Butternut Squash | Baked Beans Garden Peas |
| | Dessert | Pear Crumble with Custard | Vanilla Shortbread | Grape or Melon, Cheese and Biscuits | Peach Upside Down Cake | Apple Flapjack |

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| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | | |
| Week Three | Option 1 | Chicken Tikka Masala with Rice | Sausage Roll with Wedges | Roast Chicken, Roast Potatoes & Gravy | Chicken Pie with Mashed Potatoes | MSC Fish in Batter, Chips & Tomato Sauce |
| | Option 2 | Vegan Meatballs in Tomato Sauce & Rice | Roasted Cauliflower Curry with Rice | Mixed Vegetable Loaf, Roast Potatoes & Gravy | Wholemeal Vegetable Pasta Bake | Red Pepper & Cheese Frittata with Chips |
| | Option 3 | Cheese and Broccoli Pasta Bake | Jacket Potato with Tuna Mayonnaise | Roast Beef Baguette | Jacket Potato with Baked Beans | Bean and Lentil Burger with Chips |
| | Vegetables | Broccoli Sweetcorn | Garden Peas Carrots | Carrot and Swede Mash | Green Beans Cauliflower | Baked Beans Garden Peas |
| | Pinwheel Cookie | Chocolate Sponge with | Yoghurt and Fresh Fruit | Eves Pudding and | Peaches and Ice Cream | |

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