

Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

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.

	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	Cheese Panini	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						

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	Macaroni Cheese	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	Fruit & Ice Cream	Peach Upside Down Cake	Apple Flapjack
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
	Dessert	Pinwheel Cookie	Chocolate Sponge with Chocolate Sauce	Frozen Yoghurts	Eves Pudding and Custard	Peaches and Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						