

Autumn Menu 2020



Monday

Tuesday

Wednesday

Thursday

Friday

Week One

Option 1	Beef and Bean Fajita with Rice	Chicken and Red Pepper Pizza	Roast Turkey, Skin on Roast Potatoes and Gravy	Soya Spaghetti Bolognaise	MSC Salmon Fishfingers or Cod Fishfingers with Sweet Potato Wedges
Option 2	Vegetable and Bean Fajitas with Rice	Tomato and Vegetable Pasta	Roast Quorn with Skin on Roast Potatoes and Gravy	Roasted Cauliflower Curry with 50/50 Rice	Cheese and Onion Quiche with Potato Wedges
Vegetables	Sweetcorn Broccoli Rainbow Slaw	Green Beans Ratatouille Mixed Bean Salad	Carrots Cauliflower Green Bean Salad	Roasted Peppers Courgettes Mixed Leaf Salad	Peas Baked Beans Grated Carrot Salad
Dessert	Peaches & Custard	Plum Crumble with Custard	Apple, Cheese and Crackers	Chocolate and Banana Oaty Square	Yoghurt and Fresh Fruit Station
Yoghurt and Fresh Fruit Available Daily					

Week Two

Option 1	Lemon Turkey Stuffed Pitta Pouch	Beef Lasagne 50% PB	Hot Roast Chicken Baguette	Cheese and Tomato Pizza	Butter Fish with Chipped Potatoes
Option 2	Vegetable Enchiladas with 50/50 Rice	Vegetable Lasagne with Garlic Bread as bread of the day	Bean and Lentil Burger in a Bun	Vegetable Risotto	Red Pepper and Cheese Frittata with Lemon Couscous
Vegetables	Mixed Broccoli and Cauliflower Florets Couscous Salad	Carrots Courgettes Coleslaw	Roast Tomatoes Hot Slaw Sweet Potato Power	Sweetcorn Green Beans Roasted Veg Power	Peas Baked Beans Tomato Penne Salad
Dessert	Apple Strudel with Custard	Orange sponge cake	Grapes, Cheese and Crackers	Mixed Fruit Crumble with Custard	Yoghurt and Fresh Fruit Station
Yoghurt and Fresh Fruit Available Daily					

Week Three

Option 1	Mac and Cheese Wholemeal Pasta	Chicken Tikka Masala 50% PB and 50/50 Rice	Roast Chicken thighs with Skin on Roast Potatoes and Gravy	Moroccan Meatballs in Tagine Sauce with Couscous	MSC Breaded Fish with Chipped Potatoes and Tomato Sauce
Option 2	Vegetable Stir Fry with Noodles	Lentil and Sweet Potato Curry	Lentil and Tomato Whirl with Steamed Potatoes	Chickpea and Apricot Tagine with Couscous	Spanish Omelette with Power Salad
Vegetables	Peas Sweetcorn Green Bean Power	Broccoli Cauliflower Apple and Raisin Salad	Spring Greens Carrots BBQ Noodle Salad	Roasted Vegetable Medley Beetroot and Orange	Peas Baked Beans Tabbouleh
Dessert	Fruit Crumble and Custard	Chocolate and Orange Brownie	Sliced Cheese, Melon and Breadsticks	Bananas and Custard	Yoghurt and Fresh Fruit Station
Yoghurt and Fresh Fruit Available Daily					

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.