

Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

Monday











Tuesday

Wednesday












Thursday

Friday








Week One

| | | | | | |
|------------|--|---|---|--|--|
| Option 1 | Chicken Fajitas with 50/50 Rice   | Beef Burger with Potato Wedges | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Beef Lasagne with Garlic Bread  | MSC Fishfingers/ Salmon Fish Fingers with Chips and Tomato Sauce |
| Option 2 | Macaroni Cheese | Sausage Hot Dog with Potato Wedges  | Vegetable Puff Pie with Roast Potatoes and Gravy  | Tomato and Pasta with Garlic Bread  | Vegetable Pie with Chips |
| Vegetables | Green Beans Carrots | Coleslaw Sweetcorn | Cauliflower Broccoli | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| Dessert | Sticky Toffee Apple Crumble with Custard  | Fruit Jelly Or assorted Pudding  | Fruit and Yoghurt Station Or assorted Pudding | Oaty Cookie Or assorted Pudding   | Apple, Cheese and Biscuits Or assorted Pudding |

Week Two

| | | | | | |
|------------|--|--|---|---|---|
| Option 1 | Cheese and Tomato Pizza with New Potatoes  | Macaroni Beef Pasta Bake | Roast Turkey with Roast Potatoes and Gravy | Chicken Stew with Rice   | MSC Breaded Fish with Chips and Tomato Sauce |
| Option 2 | Tomato & Vegetable Stew with Couscous  | Vegetable Curry with Rice   | Roasted Quorn with Roast Potatoes and Gravy | Vegetarian Lasagne | Vegetable Roll with Chips  |
| Vegetables | Green Beans Cauliflower | Peppers Garden Peas | Cabbage Carrots | Sweetcorn Broccoli | Baked Beans Garden Peas |
| Dessert | Pear Crumble with Custard Or assorted Pudding  | Chocolate Shortbread Or assorted Pudding  | Fruit and Yoghurt Station Or assorted Pudding | Peach Upside Down Cake Or assorted Pudding | Apple Flapjack Or assorted Pudding   |

Week Three

| | | | | | |
|------------|--|---|--|---|--|
| Option 1 | Chicken Tortilla Wrap with Rice  | Sausage Roll with Wedges | Roast Beef with Roast Potatoes and Gravy | Chicken Pie with Mashed Potatoes  | MSC Fish in Batter with Chips and Tomato Sauce |
| Option 2 | Meatballs in Tomato Sauce with Rice   | Shepherdess Pie with Gravy  | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Wholemeal Vegetable Pasta Bake  | BBQ Quorn with Chips |
| Vegetables | Broccoli Sweetcorn | Garden Peas Carrots | Carrot and Swede Mash | Green Beans Cauliflower | Baked Beans Garden Peas |
| Dessert | Rice Pudding with Mixed Berries Or assorted Pudding | Chocolate Sponge with Chocolate Sauce Or assorted Pudding | Fruit and Yoghurt Station Or assorted Pudding | Eves Pudding and Custard Or assorted Pudding | Pinwheel Cookie Or assorted Pudding  |

Available Daily:

Freshly cooked jacket potatoes choice of fillings
Sandwiches with a choice of fillings

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.