

AUTUMN MENU 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK ONE 31 Aug 21 Sep 12 Oct 9 Nov 30 Nov	Option 1	Beef & Bean Fajita with Rice 	Chicken & Red Pepper Pizza 	Roast Turkey, Skin on Roast Potatoes & Gravy	Soya Spaghetti Bolognaise 	Salmon Fish Fingers with Sweet Potato Wedges 
	Option 2	Vegetable & Bean Fajitas with Rice 	Tomato & Vegetable Pasta 	Roast Quorn, Skin on Roast Potatoes & Gravy	Roasted Cauliflower Curry with 50/50 Rice 	Cheese & 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 Yoghurt / Fresh Fruit	Plum Crumble with Custard Yoghurt / Fresh Fruit 	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Chocolate & Banana Oaty Square Yoghurt / Fresh Fruit 	Yoghurt & Fresh Fruit Station
WEEK TWO 7 Sep 28 Sep 19 Oct 16 Nov 7 Dec	Option 1	Lemon Turkey Stuffed Pitta Pouch 	Beef Lasagne 50% PB 	Hot Roast Chicken Baguette	Cheese & Tomato Pizza 	Mediterranean Fish with Chipped Potatoes 
	Option 2	Vegetable Enchiladas with 50/50 Rice 	Vegetable Lasagne with Garlic Bread as bread of the day	Bean & Lentil Burger in a Bun 	Vegetable Risotto 	Red Pepper & 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 Yoghurt / Fresh Fruit	Mandarin Cheesecake Yoghurt / Fresh Fruit 	Grapes, Cheese & Crackers Yoghurt / Fresh Fruit	Mixed Fruit Crumble with Custard Yoghurt / Fresh Fruit 	Yoghurt & Fresh Fruit Station
WEEK THREE 14 Sep 5 Oct 2 Nov 23 Nov 14 Dec	Option 1	Mac & Cheese	Chicken Tikka Masala 50% PB & 50/50 Rice 	Roast Chicken Drumsticks, Skin on Roast Potatoes & Gravy	Moroccan Meatballs in Tagine Sauce with Couscous	MSC Breaded Fish, Chipped Potatoes & Tomato Sauce 
	Option 2	Vegetable Stir Fry with Noodles	Lentil & Sweet Potato Curry 	Lentil & Tomato Whirl with Steamed Potatoes 	Chickpea & Apricot Tagine with Couscous 	Spanish Omelette with Power Salad
	Vegetables	Peas Sweetcorn Green Bean Power	Broccoli Cauliflower Apple & Raisin Salad	Spring Greens Carrots BBQ Noodle Salad	Roasted Vegetable Medley Beetroot & Orange	Peas Baked Beans Tabbouleh
	Dessert	Fruit Crumble & Custard Yoghurt / Fresh Fruit	Chocolate & Orange Brownie Yoghurt / Fresh Fruit	Sliced Cheese, Melon & Breadsticks Yoghurt / Fresh Fruit	Bananas & Custard Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit 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
- Fresh milk

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.