

**Autumn Menu 2021**

-  Added Plant Power
-  Vegan
-  Wholemeal

**Week One**  
30<sup>th</sup> Aug  
20<sup>th</sup> Sep  
11<sup>th</sup> Oct  
8<sup>th</sup> Nov  
29<sup>th</sup> Nov  
3<sup>rd</sup> Jan  
24<sup>th</sup> Jan

**Week Two**  
6<sup>th</sup> Sep  
27<sup>th</sup> Sep  
18<sup>th</sup> Oct  
15<sup>th</sup> Nov  
6<sup>th</sup> Dec  
10<sup>th</sup> Jan  
31<sup>st</sup> Jan

**Week Three**  
13<sup>th</sup> Sep  
4<sup>th</sup> Oct  
1<sup>st</sup> Nov  
22<sup>nd</sup> Nov  
13<sup>th</sup> Dec  
17<sup>th</sup> Jan  
14<sup>th</sup> Feb

	Monday	Tuesday	Wednesday	Thursday	Friday
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					

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
Or a choice of Yoghurt & Fresh Fruit available daily					

Option 1	Chicken Tikka Masala with Rice	Sausage Roll with Wedges	Roast Beef, 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	Cinnamon and Orange Cookie	Carrot & Courgette Cake	Yoghurt and Fresh Fruit Station	Eves Pudding and Custard	Peaches and Ice Cream
Or a choice of Yoghurt & 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.