

AUTUMN/WINTER MENU





Monday

Tuesday

Wednesday

Thursday

Friday

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish

WEEK ONE

6 Sep
27 Sep
18 Oct
15 Nov
6 Dec
10 Jan
31 Jan

Option 1	Macaroni Cheese	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Fish Fingers/ Salmon Fish Fingers with Chips & Tomato Sauce
Option 2	Vegetable Wraps with 50/50 Rice	Devil's Kitchen Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes & Gravy	Tomato Pasta with Garlic Bread	Cheese & Potato Tart with Chips
Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt / Fresh Fruit	Mandarin Jelly Yoghurt / Fresh Fruit	Fruit & Yoghurt Station	Apple, Cheese & Biscuits Yoghurt / Fresh Fruit	Oaty Cookie Yoghurt / Fresh Fruit

WEEK TWO

13 Sep
4 Oct
1 Nov
22 Nov
13 Dec
17 Jan
7 Feb

Option 1	Cheese & Tomato Pizza with New Potatoes	Beef Pasta Bake	Roast Turkey with Roast Potatoes & Gravy	Sweet & Sour Chicken with 50/50 Rice	MSC Breaded Fish with Chips & Tomato Sauce
Option 2	Vegetable Stew with Couscous	Vegetable Curry with Rice	Roasted Quorn with Roast Potatoes & Gravy	Mexican Bean Roll with Roasted New Potatoes	Quorn Burger in a Bun with Chips
Vegetables	Peppers Garden Peas	Green Beans Cauliflower	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard Yoghurt / Fresh Fruit	Chocolate Shortbread Yoghurt / Fresh Fruit	Fruit & Yoghurt Station	Peach Upside Down Cake Yoghurt / Fresh Fruit	Apple Flapjack Yoghurt / Fresh Fruit

WEEK THREE

20 Sep
11 Oct
8 Nov
29 Nov
3 Jan
24 Jan
14 Feb

Option 1	Vegetarian Tortilla Stack with Rice	Sausage Roll with Wedges	Roast Gammon with Roast Potatoes & Gravy	Chicken & Broccoli Pasta Bake	MSC Fish in Batter with Chips & Tomato Sauce
Option 2	Devil's Kitchen Meatballs in Tomato Sauce with Rice	Vegetarian Lasagne	Mixed Vegetable Loaf with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake	BBQ Quorn with Chips
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot & Swede Mash	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Rice Pudding with Mixed Berries Yoghurt / Fresh Fruit	Chocolate Sponge with Chocolate Sauce Yoghurt / Fresh Fruit	Fruit & Yoghurt Station	Apple Sponge & Custard Yoghurt / Fresh Fruit	Pinwheel Cookie Yoghurt / Fresh Fruit

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.