

# AUTUMN/WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b> 30 Aug 20 Sep 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan	Option 1 Vegetable & Bean Fajitas with 50/50 Rice	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 Macaroni Cheese	Vegetarian Kitchen Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes & Gravy	Tomato & Lentil Pasta with Garlic Bread	Hominy 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 Yoghurt / Fresh Fruit	Mandarin Jelly Yoghurt / Fresh Fruit	Fruit & Yoghurt Station	Oaty Cookie Yoghurt / Fresh Fruit	Apple, Cheese & Biscuits Yoghurt / Fresh Fruit	
<b>WEEK TWO</b> 6 Sep 27 Sep 18 Oct 15 Nov 6 Dec 10 Jan 31 Jan	Option 1 Cheese & Tomato Pizza with New Potatoes	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes & Gravy	Mediterranean Chicken Stew with Rice	MSC Breaded Fish with Chips & Tomato Sauce
	Option 2 Vegetable Tagine with Couscous	Roasted Cauliflower Curry with Rice	Roasted Quorn with Roast Potatoes & Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips
	Vegetables Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans 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	
<b>WEEK THREE</b> 13 Sep 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 7 Feb	Option 1 Vegetarian Tortilla Stack with Rice	Sausage Roll with Wedges	<i>Roast Chicken with Roast Potatoes + Gravy</i>	Chicken, Lentil & Gravy Pie with Mashed Potatoes	MSC Fish in Batter with Chips & Tomato Sauce
	Option 2 Vegetarian Kitchen Meatballs in Tomato Sauce with Rice	Shepherdess Pie with Gravy	Mixed Vegetable Loaf with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake	BBO 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	Eve's Pudding & Custard Yoghurt / Fresh Fruit	Pinwheel Cookie Yoghurt / Fresh Fruit	

Added Plant Power

Vegan

Wholemeal

Oily Fish

### 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.