

Autumn Menu 2021

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

Option 1	Chicken Arrabiata Pasta	Beef Burger with Potato Wedges ✓	Roast Chicken with Stuffing, Roast Potatoes or 50/50 Rice and Gravy ✓	Beef Bolognese with Spaghetti ✓	MSC Fishfingers/Salmon Fish Fingers with Chips or Couscous ✓
Option 2	Macaroni Cheese ✓	Quorn Burger with Potato Wedges ✓	Vegetable & Lentil Wellington with Roast Potatoes or 50/05 Rice and Gravy ✓	Tomato and Lentil Pasta ✓	Glamorgan Bean & Leek Sausage with Chips or Couscous ✓
Vegetables	Green Beans Carrots	Sweet Peppers Sweetcorn	Cauliflower Broccoli	Green Cabbage Swede	Baked Beans Garden Peas
Dessert	Fruit & Yoghurt	Apple Crumble with Custard	Fruit & Yoghurt	Apple, Cheese and Biscuits	Fruit & Yoghurt

WEEK TWO

Option 1	BBQ Chicken Pizza ✓	Meatball and Spaghetti ✓	Roast Turkey with Roast Potatoes or 50/50 Rice and Gravy ✓	Chicken Tikka Masala with 50/50 Rice ✓	MSC Fish in Batter with Chips or Couscous ✓
Option 2	Cheese and Tomato Pizza ✓ <i>MORE</i>	Mixed Bean Cassoulet with Spaghetti ✓	Mixed Vegetable & chickpea Loaf with Roast Potatoes or 50/50 Rice and Gravy ✓	Roasted Cauliflower & Chickpea Curry with 50/50 Rice ✓	Potato & Spinach Tart with Chips or Couscous ✓
Vegetables	Baked Tomatoes Sweetcorn	Green Beans Carrots	Red Cabbage Parsnips	Green Cabbage Roast Butternut	Baked Beans Garden Peas
Dessert	Fruit & Yoghurt	Pear Crumble with Custard	Fruit & Yoghurt	Peach Upside Down Cake	Fruit & Yoghurt

WEEK THREE

Option 1	Chicken and Bean Fajitas with 50/50 Rice ✓	Cottage Pie with Gravy ✓	Jerk Chicken with Rice or Roast Sweet Potato wedges ✓	Sweet & Sour chicken with Egg Noodles ✓ <i>Rice</i>	Breaded Fish with chips or Couscous ✓
Option 2	Vegetable and Bean Fajitas with 50/50 Rice ✓	Shepherdess Lentil Pie with Gravy ✓	Lentil & Basil Puff Pastry Whirl with Jolof Rice or Sweet Potato Wedges ✓	Sweet & Sour Vegetables & Butterbean with Egg Noodles ✓	Red Pepper & Cheese Frittata with chips or Couscous ✓
Vegetables	Broccoli Sweetcorn	Garden Peas Roast Butternut	Carrots Savoy Cabbage	Green Beans Red Cabbage	Baked Beans Baked Tomato
Dessert	Fruit & Yoghurt	Rhubarb Crumble with Custard	Fruit & Yoghurt	Eves Pudding and Custard	Fruit & Yoghurt



Available Daily:
Freshly cooked jacket potatoes with a choice of fillings

Fresh Wholemeal and other flavoured Bread baked on site daily

Fresh 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.