









Autumn Term Menu

-  Added Plant Power
-  Vegan
-  Wholemeal



Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetarian Spaghetti Bolognese (Soya)	Beef Burger with Potato Wedges 	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	MSC Fishfingers/ Salmon Fish Fingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Devil's Kitchen Sausage Hot Dog with Potato Wedges 	Quorn Roast with Roast Potatoes and Gravy	Tomato and Lentil Pasta with Garlic Bread 	Homity Pie with Chips
Option 3	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings
Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
Option 4 (School Pack Lunch)	Cream Cheese & Cucumber Sandwich, Carrots Sticks, Fruit and Cake of the Day	Ham Roll, Carrot Sticks, Piece of Fruit and Cake of the Day	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day	Egg Roll, Carrot Sticks, Fruit and Cake of the Day	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day
Dessert (Option 1, 2 & 3 only)	Sticky Toffee Apple Crumble with Custard 	Mandarin Jelly 	Fruit and Yoghurt Station	Oaty Cookie  	Apple, Cheese and Biscuits
Or a choice of Yoghurt & Fresh Fruit available daily					

Available Daily:

- Bread freshly baked on site daily
- Daily salad selection

Week Two

Option 1	Cheese and Tomato Pizza with New Potatoes 	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Mediterranean Chicken Stew with Rice 	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with Couscous 	Southern Fried Vegan Burger with Potato Wedges 	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips 
Option 3	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings
Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Option 4 (School Pack Lunch)	Cream Cheese & Cucumber Sandwich, Carrots Sticks, Piece of Fruit and Cake of the Day	Ham Roll, Carrot Sticks, Piece of Fruit and Cake of the Day	Tuna & Mayo Sandwich, Cucumber Sticks, Piece of Fruit and Cake of the Day	Egg Roll, Carrot Sticks, Piece of Fruit and Cake of the Day	Cheese Sandwich, Cucumber Sticks, Piece of Fruit and Cake of the Day
Dessert (Option 1, 2 & 3 only)	Pear Crumble with Custard 	Chocolate Shortbread 	Fruit and Yoghurt Station	Peach Upside Down Cake	Apple Flapjack 
Or a choice of Yoghurt & Fresh Fruit available daily					

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.

Week Three

Option 1	Vegetarian Tortilla Stack with Rice 	Sausage Roll with Wedges	Roast Beef with Roast Potatoes and Gravy	Chicken Pie with Gravy with Mashed Potatoes	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Devil's Kitchen Meatballs in Tomato Sauce with Rice 	Shepherdess Pie with Gravy 	Mixed Vegetable Loaf with Roast Potatoes and Gravy 	Wholemeal Vegetable Pasta Bake 	BBQ Quorn with Chips
Option 3	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings	Jacket potatoes with a choice of fillings
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Cauliflower	Baked Beans Garden Peas
Option 4 (School Pack Lunch)	Cream Cheese & Cucumber Sandwich, Carrots Sticks, Piece of Fruit and Cake of the Day	Ham Roll, Carrot Sticks, Piece of Fruit and Cake of the Day	Tuna & Mayo Sandwich, Cucumber Sticks, Piece of Fruit and Cake of the Day	Egg Roll, Carrot Sticks, Piece of Fruit and Cake of the Day	Cheese Sandwich, Cucumber Sticks, Piece of Fruit and Cake of the Day
Dessert (Option 1, 2 & 3 only)	Rice Pudding with Mixed Berries	Chocolate Sponge with Chocolate Sauce	Fruit and Yoghurt Station	Eve's Pudding and Custard	Pinwheel Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily					