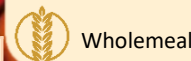
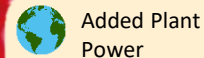


Autumn Menu 2020



		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Main Course	Macaroni Cheese	Soya Mince Lasagne with Garlic Bread	Roast Chicken with Roast Potatoes and Gravy	Beef Burger in a Bun with Wedges	MSC Salmon Fish Fingers with Chips
31/08	Vegetables	Peas Carrots	Baked Beans Green Beans	Carrots Diced Swede	Broccoli Sweetcorn	Baked Beans Peas
21/09	Dessert	Mixed Fruit Crumble with Custard	Fresh Fruit & Jelly	Vanilla Shortbread with Fruit	Chocolate & Orange Cake with Choc Sauce	Ice Cream with Fruit
12/10	Tea	Roast Beef Wraps with mayonnaise with Crudités Fresh Fruit	Tomato & Cheese Pasta Bake Fresh Fruit	Toasted Muffins with Cheese with Crudités Yoghurt	Baked Beans on Toast Fresh Fruit	Vegetable Nuggets With Bread & Butter Fresh Fruit
02/11						
23/11						
14/12						
Week Two	Main Course	Quorn Bolognese with Spaghetti	Chicken Sausages with Mash & Gravy	Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken Pasta	MSC Fish Fingers with Chips
07/09	Vegetables	Green Beans Cauliflower	Carrots Cabbage	Medley of Vegetables	Sweetcorn Broccoli	Baked Beans Peas
28/09	Dessert	Fresh Fruit & Yoghurt	Lemon and Orange Shortbread with Fruit or Yoghurt	Ice Cream with Fruit	Apple Sponge with Custard	Fruit & Jelly
19/10	Tea	Jacket Potato with Baked Beans Fresh Fruit	Plain Bagels with Soft Cheese Fresh Fruit	Cheese & Crackers With cucumber & Tomato Fruit Yoghurt	Chicken Sausages with Spaghetti Rings Fresh Fruit	Turkey Sandwiches With Crudités Fresh Fruit
09/11						
30/11						
21/12						
Week Three	Main Course	Cheese & Tomato Pizza with Wedges	Tomato & Vegetable Pasta	Roast Chicken Roast Potatoes and Gravy	Lamb Lasagne	MSC Fish in Batter With Chips
14/09	Vegetables	Sweetcorn Broccoli	Cauliflower Green Beans	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
05/10	Dessert	Sticky Toffee Apple Crumble with Custard	Fresh Fruit Salad with Cream	Raison & Yoghurt Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie
26/10	Tea	Scrambled Eggs on Toast Fresh Fruit	Crumpets with Cheese Pepper Batons Fresh Fruit	Baked Beans + Pitta Bread Fruit Yoghurt	Wafer Thin Turkey Wraps with Mayonnaise Crudités Fresh Fruit	Tuna Mayonnaise & Sweetcorn Sandwich With Crudités Fresh Fruit
16/11						
07/12						

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.