

AUTUMN MENU 2022 Option B

Monday

Tuesday

Wednesday

Thursday

Friday

Week One w/c 5.9.22 w/c 26.9.22 w/c 17.10.22	Option 1	Tomato & Vegetable Pasta	Beef Burger in a Bun with Potato Wedges	Roast Beef, Roast Potatoes & Gravy	Chicken Curry with Rice	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Broccoli & Cheese Pasta Bake	Vegan Mexican Roll with Chips & Tomato Sauce
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Pears Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie	Peaches & Ice Cream

Or a choice of Yoghurt & Fresh Fruit available daily

Week Two w/c 12.9.22 w/c 3.10.22	Option 1	Macaroni Cheese	Spaghetti Bolognaise	Roast Chicken, Roast Potatoes, Stuffing & Gravy	BBQ Chicken Pizza	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognaise	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Pears Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three w/c 19.9.22 w/c 10.10.22	Option 1	Cheese & Tomato Pizza	Beef Lasagne with Garlic Bread	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Falafel with Lemon & Herb Couscous	Vegetable Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Pears Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily

Added Plant Power
 Vegan
 Wholemeal

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 you would like to know about particular allergens in foods 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.