



AUTUMN MENU 2020

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
- www.msc.org
- Chair of Custody
- Reg Code: MML-C1009

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE					
31 Aug	Beef & Bean Fajita with Rice	Chicken & Red Pepper Pizza	Roast Turkey, Skin on Roast Potatoes & Gravy	Soya Spaghetti Bolognese	Salmon Fish Fingers with Sweet Potato Wedges
21 Sep	Vegetable & Bean Fajitas with Rice	Tomato & Vegetable Pasta	Roast Quorn, Skin on Roast Potatoes & Gravy	Roasted Cauliflower Curry with 50/50 Rice	Cheese & Onion Quiche with Potato Wedges
12 Oct	Sweetcorn Broccoli Rainbow Slaw	Green Beans Rataouille Mixed Bean Salad	Carrots Cauliflower Green Bean Salad	Roasted Peppers Courgettes Mixed Leaf Salad	Peas Baked Beans Grated Carrot Salad
9 Nov	Peaches & Custard	Plum Crumble with Custard	Apple, Cheese & Crackers	Chocolate & Banana Oaty Square	Yoghurt & Fresh Fruit Station
30 Nov	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit Station
	Lemon Turkey Stuffed Pitta Pouch	Beef Lasagne 50% PB	Hot Roast Chicken Baguette	Cheese & Tomato Pizza	Mediterranean Fish with Chipped Potatoes
WEEK TWO					
7 Sep	Vegetable Enchiladas with 50/50 Rice	Vegetable Lasagne with Garlic Bread as bread of the day	Bean & Lentil Burger in a Bun	Vegetable Risotto	Red Pepper & Cheese Frittata with Lemon Couscous
28 Sep	Mixed Broccoli and Cauliflower Florets Couscous Salad	Carrots Courgettes Coleslaw	Roast Tomatoes Hot Slaw Sweet Potato Power	Sweetcorn Green Beans Roasted Veg Power	Peas Baked Beans Tomato Penne Salad
19 Oct	Apple Strudel with Custard	Mandarin Cheesecake	Grapes, Cheese & Crackers	Mixed Fruit Crumble with Custard	Yoghurt & Fresh Fruit Station
16 Nov	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station
7 Dec	Mac & Cheese	Chicken Tikka Masala 50% PB & 50/50 Rice	Roast Chicken Drumsticks, Skin on Roast Potatoes & Gravy	Moroccan Meatballs in Tagine Sauce with Couscous	MSC Breaded Fish, Chipped Potatoes & Tomato Sauce
	Vegetable Stir Fry with Noodles	Lentil & Sweet Potato Curry	Lentil & Tomato Whirl with Steamed Potatoes	Chickpea & Apricot Tagine with Couscous	Spanish Omelette with Power Salad
WEEK THREE					
14 Sep	Peas Sweetcorn Green Bean Power	Broccoli Cauliflower Apple & Raisin Salad	Spring Greens Carrots BBQ Noodle Salad	Roasted Vegetable Medley Beetroot & Orange	Peas Baked Beans Tabbouleh
5 Oct	Fruit Crumble & Custard	Chocolate & Orange Brownie	Sliced Cheese, Melon & Breadsticks	Bananas & Custard	Yoghurt & Fresh Fruit Station
2 Nov	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station
23 Nov					
14 Dec					

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection
- Fresh milk

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.