

Autumn/Spring Menu 2020-21

**Bread
freshly
baked on
site daily
Salad Bar**

**Jacket
Potatoes
filled with
Cheese,
Beans or
Tuna
Sandwiches
or Baguettes
filled with
Ham, Egg,
Cheese or
Tuna**

**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.

Monday

Tuesday

Wednesday

Thursday

Friday

**Week One
Week
Commencing
19/10/20
16/11/20
07/12/20
11/01/21
01/02/21
01/03/21
22/03/21**

Option 1	Pork Sausage in a Bun	Ham and Cheese Pizza	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Macaroni Pastisto with Tomato Bread	Fish or Fish Fingers or Salmon Fish Fingers
Option 2	Veggie Sausage in a Bun	Cheese and Tomato Pizza	Quorn Roast Fillet with Roast Potatoes and Gravy	Macaroni Cheese with Tomato Bread	Quorn Sausage
Vegetables	Pasta or Potato Wedges Sweetcorn Broccoli	Pasta or Potato Wedges Beans and Green Beans	Carrots and Green Beans	Sweetcorn Broccoli	Chips Baked Beans or Peas
Dessert	Apple Flapjack Yoghurt Fresh Fruit	Ice Cream Yoghurt Fresh Fruit	Jelly and Cream Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt	Cinnamon Cookie Yoghurt Fresh Fruit

**Week Two
Week
Commencing
02/11/20
23/11/20
14/12/20
18/01/21
08/02/21
08/03/21
29/03/21**

Option 1	Meatballs with rice	Sweet and Sour Chicken with Rice	Roast Gammon, Roast Potatoes and Gravy	Spaghetti Bolognaise	Fish or Fish Fingers or Salmon Fish Fingers
Option 2	Vegetarian Meatballs with rice	Vegetable Curry with Rice	Quorn Roast with Roast Potatoes and Gravy	Veggie Bolognaise	Cheese and Tomato Quiche
Vegetables	Sweetcorn Broccoli	Peas Cauliflower	Carrots and Green Beans	Sweetcorn Broccoli	Chips Baked Beans or Peas
Dessert	Chocolate Drizzle Cake with custard Yoghurt Fresh Fruit	Jelly and Cream Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Fruit with Ice-cream Yoghurt Fresh Fruit	Orange and Lemon Shortbread Yoghurt Fresh Fruit

**Week Three
Week
Commencing
09/11/20
30/11/20
04/01/21
25/01/21
22/02/21
15/03/21**

Option 1	Cheese and Beef Pizza	Sausage Roll	Roast Chicken, Roast Potatoes and Gravy	Chicken and Broccoli Pasta Bake	Fish or Fish Fingers or Salmon Fish Fingers
Option 2	Cheese and Tomato Pizza	Vegan Sausage Roll	Quorn Roast Fillet with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Cheese Frittata
Vegetables	Pasta or Potato Wedges Sweetcorn Broccoli	Potato Wedges Beans or Peas	Carrots and Swede	Green Beans and Carrots	Chips Baked Beans or Peas Peas
Dessert	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Banana Sponge with Custard Yoghurt Fresh Fruit	Jelly with Cream Yoghurt Fresh Fruit	Fruit with Ice-Cream Yoghurt Fresh Fruit	Chocolate Cookie Yoghurt Fresh Fruit