

# Cornwall Autumn Menu 2021

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Week One 6/9/21 27/9/21 18/10/21 15/11/21 6/12/21

Option 1	Quorn Pasta Bake	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Fishfingers/ Salmon Fish Fingers/ Fish in Batter with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Veggie Burger with Potato Wedges	Quorn Roast with Roast Potatoes	Tomato and Lentil Pasta with Garlic Bread	Cheese Whirl with Chips
Vegetables	Green Beans Cauliflower	Coleslaw Sweetcorn	Mixed Vegetables	Carrots Broccoli	Baked Beans Garden Peas
Dessert	Chocolate Sponge and custard	Jelly Fresh Fruit and Yoghurt	Ice Cream Fresh Fruit and Yoghurt	Cake and Custard Fresh Fruit and Yoghurt	Oaty Cookie Fresh Fruit and Yoghurt

### Week Two 13/9/21 4/10/21 1/11/21 22/11/21 13/12/21

Option 1	Ham, Cheese and Tomato Pizza with Potato Wedges	Macaroni Beef Pasta Bake	Roast Gammon with Roast Potatoes and Gravy	BBQ Chicken with 50/50 Rice	Fishfingers/Fish in Batter with Chips and Tomato Sauce
Option 2	Cheese and Tomato Pizza	Macaroni Cheese	Roasted Quorn with Roast Potatoes and Gravy	Tomato Pasta Bake	Quiche with Chips
Vegetables	Green Beans Cauliflower	Carrots Garden Peas	Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard Fresh Fruit and Yoghurt	Jelly Fresh Fruit and Yoghurt	Ice Cream Fresh Fruit and Yoghurt	Fruity Upside Down Cake Fresh Fruit and Yoghurt	Chocolate Shortbread Fresh Fruit and Yoghurt

### Week Three 20/9/21 11/10/21 8/11/21 29/11/21

Option 1	Meatballs with Rice	Sausage Roll with Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Arrabiata Pasta Bake	Fishfingers/Fish in Batter with Chips and Tomato Sauce
Option 2	Vegetarian Curry with Rice	Mexican Bean Roll with Wedges	Roasted Quorn with Roast Potatoes and Gravy	Vegetable Pasta Bake	Fritatta with Chips
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Mixed Vegetables	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Chocolate Sponge and Custard Fresh Fruit and Yoghurt	Jelly Fresh Fruit and Yoghurt	Ice Cream Fresh Fruit and Yoghurt	Eves Pudding and Cream Fresh Fruit and Yoghurt	Pinwheel Cookie Fresh Fruit and Yoghurt

**Available Daily:**  
Baguettes or sandwiches with a choice of fillings. Freshly cooked jacket potatoes with a choice of fillings (beans, cheese or tuna)

- Bread freshly baked on site daily

- Daily salad selection

**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.