






| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---|
| Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020 | Option 1  Homemade Macaroni Cheese & Garlic Slice | Cottage Pie with Gravy  | Roast Chicken served with Roast Potatoes & Gravy | Plant Based Chicken Curry with 50/50 Rice  | MSC Breaded Fish with Chips |
| | Option 2 Soya Bolognaise with Spaghetti  | Shepherdess Pie with Gravy | Vegetable Wellington with Roast Potatoes & Gravy  | Lentil & Sweet Potato Curry with 50/50 Rice  | Homemade Vegetable Pasty with Chips  |
| | Vegetables Coleslaw Mixed Salad | Carrots Broccoli | Cabbage Carrots | Sweet Corn Green Beans | Baked Beans Peas |
| Dessert Mixed Fruit Crumble with Cream  | Lemon Drizzle Cake | Apple, Cheese & Biscuits | Chocolate & Orange Cake with Choc Sauce | Vanilla Shortbread  | |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | |
| Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020 | Option 1  Mediterranean Vegetable Pasta Bake | Chicken Fajitas with 50/50 Rice  | Roast Pork, Roast Potatoes & Gravy | Homemade BBQ Chicken Pasta | MSC Fish Fingers/ Salmon Fish Fingers with Chips |
| | Option 2 Vegetable Tagine with Couscous  | Vegetable & Bean Fajitas with 50/50 Rice  | Quorn Roast Fillet with Roast Potatoes & Gravy | Wholemeal French Bread Pizza with Baked Wedges | Vegan Mexican Roll with Chips  |
| | Vegetables Sweet Corn Broccoli | Roasted Vegetables | Carrots Beans | Green Salad Crudites | Baked Beans Peas  |
| Dessert Chocolate & Beetroot Brownie | Apple Sponge & Custard | Carrot & Courgette Cake | Iced Sponge | Spanish Cookie  | |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | |
| Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020 | Option 1  Cheese & Tomato Pizza with Baked Wedges  | Homemade Jollof Rice with Chicken | Roast Turkey, Roast Potatoes & Gravy | Plant Based Beef Lasagne with Garlic Slice | MSC Fish In Batter with Chips |
| | Option 2 Vegetable Risotto  | Cheese Tomato & Vegetable Pasta | Lentil & Tomato Whirl with Roast Potatoes | Soya Mince Lasagne with Garlic Bread  | Cheese & Potato Wheel with Chips |
| | Vegetables Sweet Corn Peas | Carrot Sticks Green Beans | Carrot Cabbage | Broccoli Sweet Corn | Baked Beans Peas |
| Dessert Banana Chocolate Oatly Square  | Marble Cake & Custard | Fruit & Ice Cream | Orange Drizzle Cake | Apple & Raisin Flapjack | |
| 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 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.