



MEAT FREE MONDAY

Autumn 2019

Fruity Water Available



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Macaroni Cheese	Lasagne	Herbed Roast Chicken thigh, Stuffing with Roast Potatoes and Gravy	50% Plant Based Cottage Pie with Gravy	MSC Fishfingers/ Salmon Fishfingers with Chips
02/09/2019	Vegetarian	Five Bean Chilli with 50/50 Rice	Vegetarian Lasagne	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Shepherdess Pie with Gravy	Cheese and Onion Quiche with Chips
23/09/2019		Sweetcorn Coleslaw	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Peas
14/10/2019	Dessert	Orange Drizzle Cake	Carrot and Courgette Cake with Custard	Oaty Cookie	Apple Crumble with Custard	Fruit and Yoghurt Station
11/11/2019						
02/12/2019						
Week 2	Main	Cheese and Tomato Pizza with New Potatoes	Spaghetti Bolognaise	Roast Turkey with Roasted New Potatoes and Gravy	Sausage in a roll with wedges and BBQ sauce	MSC Breaded Fish with Chips
09/09/2019	Vegetarian	Vegetable Tagine with Couscous	Vegetarian Soya Spaghetti Bolognaise	Quorn Fillet with Roasted New Potatoes and Gravy	Quorn Sausage in a roll with wedges and BBQ Sauce	Red Pepper and Cheese Frittata
30/09/2019		Peppers Green Beans	Peas Cauliflower	Cabbage Carrots	Sweetcorn Baked Tomatoes	Baked Beans Peas
28/10/2019	Dessert	Wholemeal Pear Crumble with Custard	Chocolate Shortbread	Apple Flapjack	Eves Pudding with Custard	Fruit and Yoghurt Station
18/11/2019						
09/12/2019						
Week 3	Main	Tomato Ariabata	50% Plant Based Chicken, Lentil and Gravy Pie with Mashed Potato Topping	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Curry with Naan/Rice	MSC Fish in Batter with Chips
16/09/2019	Vegetarian	Vegetable Wholemeal Pasta Bake	Creamy Vegetable Pie with Mashed Potato and Gravy	Vegetarian Wellington with Roast Potatoes and Gravy	Roasted Cauliflower Curry with Rice/naan	Quorn Burger with Chips
07/10/2019		Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
04/11/2019	Dessert	Banana Loaf with Custard	Rice Pudding	Apple, Cheese and Biscuits	Chocolate and Mandarin Sponge with Chocolate Sauce	Fruit and Yoghurt Station
25/11/2019						
16/12/2019						

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.

Fresh Fruit and Yoghurt Available Daily

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