








## Autumn Menu 2022

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	Tomato, Lentil & Vegetable Pasta  	BBQ Turkey Burger with 50/50 Rice 	Herb Roasted Chicken, Roast Potatoes or Boiled Potatoes & Gravy	Savoury Mince Beef & Dumplings	Breaded Fish with Chips or Steamed Potatoes & Tomato Sauce
	Option 2	Vegetable & Bean Pasta Bake 	BBQ Quorn Fillet with 50/50 Rice  	Vegetable & Lentil Wellington with Roast Potatoes or Boiled Potatoes & Gravy 	Sweet & Sour Butterbean with Egg Noodles	Cheese & Red Pepper Frittata with Chips or Steamed Potatoes & Tomato Sauce
	Vegetables	Sweetcorn Roasted Courgette	Rainbow Coleslaw Roasted Sweet Potato Cubes	Red Cabbage Broccoli	Green Beans Roasted Carrots	Peas Baked Beans
	Dessert	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt

<b>Week Two</b>	Option 1	Pasta with Tomato Arrabiatta Sauce 	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes or Boiled Potatoes, Stuffing & Gravy 	Beef Burgers with Potato Wedges	Fish in Batter with Chips/Rice & Tomato Sauce
	Option 2	Summer Butterbean Vegetable Risotto  	Vegan Spaghetti Bolognese 	Cheese & Tomato Pin Wheel, Roast Potatoes or Boiled Potatoes, Stuffing, & Gravy	Quorn Burgers with Potato Wedges 	Wholemeal Cheese & Tomato Quiche with Chips/Rice & Tomato Sauce 
	Vegetables	Sweetcorn Cauliflower	Green Beans Red Cabbage	Carrots Peas	Broccoli White Cabbage	Mushy Peas Baked Beans
	Dessert	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt

<b>Week Three</b>	Option 1	Roasted Vegetable Pizza 	Beef & Bean Fajitas with 50/50 Rice  	Cajun Spiced Chicken, Roast Potatoes or Boiled Potatoes & Gravy	Beef Sausage Hot Dog with Potato Wedges	Fish fingers or Salmon Fishfingers with Chips/Couscous & Tomato Sauce
	Option 2	Cheese & Tomato Pizza 	Vegetable & Bean Enchiladas with 50/50 Rice 	Lentil & Basil Puff Pastry, Roast Potatoes or Boiled Potatoes & Gravy 	Vegan Plant Based Sausage Hot Dog with Potato Wedges 	Quorn Vegan Fishless Fingers with Chips/Couscous & Tomato Sauce 
	Vegetables	Green Beans Red Cabbage	Sweetcorn Roasted Courgette	Carrot Broccoli	Green Cabbage Baked Tomatoes	Peas Baked Beans

### 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 you would like to know about particular allergens in foods 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.