























	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One Commencing</b> 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 Bolognese 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					

<b>Week Two Commencing</b> 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 Crudités	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					

<b>Week Three Commencing</b> 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 Oaty Square	Marble Cake & Custard	Fruit & Ice Cream	Orange Drizzle Cake	Apple & Raisin Flapjack
Or a choice of Yoghurt & Fresh Fruit available daily					

**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.