










Egg Autumn Menu 2020

-  Added Plant Power
-  Vegan
-  Wholemeal











Week 1
30/08/2021
20/09/2021
11/10/2021
08/11/2021
29/11/2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Veget able and Bean Fajitas with Rice  	Sausages with ½ baked pot ato	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Spaghetti Bolognese 	M SC Fishfingers/Salmon Fish Fingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Tomato, Lentil pasta bake 	Veget able Wellington on with Roast Potatoes and Gravy 	Veget able sausage hot dog with Pot ato Wedges 	Cheese and Tomato Pinwheel with Chips
Option 3	Jacket Pot ato with filling No Mayo	Tomato soup with filled baguette no egg/mayo	Jacket Pot ato with filling No mayo	Jacket Pot ato with filling No mayo	Jacket Pot ato with filling No mayo
Vegetables	Green Beans Carrots	Peas Sweet corn	Cauliflower Savoy cabbage	Carrots Broccoli	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard 	Oaty Cookie 	Mandarin Jelly 	Jelly or cookie	Apple, Cheese and Biscuits
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

Week 2
06/09/2021
27/09/2021
18/10/2021
15/11/2021
06/12/2021

Option 1	Cheese and Tomato Pizza with New Potatoes	Sausage & Mash	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice  	M SC Fish in Batter with Chips and Tomato Sauce
Option 2	Veget able Tagine with Couscous  	Roasted Cauliflower Curry with Rice  	Veggie meatballs with roast potatoes & gravy	Veget able Lasagne	Veget able Pasty with Chips
Option 3	Jacket Pot ato with filling No mayo	Jacket Pot ato with filling No mayo	Jacket Pot ato with filling No mayo	Tomato soup with ½ filled baguette no egg/mayo	Jacket Pot ato with filling No mayo
Vegetables	Peas Sweet corn	Carrots Green beans	Broccoli Carrots	Sweet corn Savoy Cabbage	Baked Beans Garden Peas
Dessert	Fruit Crumble with Custard 	Jelly or cookie	Chocolate Short bread 	short bread	Apple Flapjack  
Or a choice of Yoghurt & Fresh Fruit available daily					

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.

Week 3
13/09/2021
04/10/2021
01/11/2021
22/11/2021
13/12/2021

Option 1	Veget able Hot dog  	Beef burger with ½ Baked pot ato	Roast Gammon with Roast Potatoes and Gravy	Chicken, Pie with Mashed Potatoes 	M SC Fishfingers with Chips and Tomato Sauce
Option 2	Veggie Meatballs in Tomato Sauce with Rice  	Shepherdess Pie 	Roasted veggie balls with roast potatoes & gravy 	Veget able Pasta Bake	BBQ vegetable sausage with chips
Option 3	Jacket Pot ato with filling No mayo	Tomato Soup with filled Baguette no egg/mayo	Jacket Pot ato with filling No mayo	Jacket Pot ato with filling No mayo	Jacket Pot ato with filling No mayo
Vegetables	Broccoli Sweet corn	Garden Peas Carrots	Swede Broccoli	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	short bread	Jelly or short bread	Fruity Short bread 	Pear and Chocolate crumble and Custard	Jelly or cookie
Or a choice of Yoghurt & Fresh Fruit available daily					