

GOLD AUTUMN MENU 2020

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
www.msc.org
Chair of Custody
Reg Code: MML-C1009

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|------------|--|--|--|---|--|
| WEEK ONE 31 Aug 21 Sep 12 Oct 9 Nov 30 Nov | Option 1 | Chinese Chicken Curry with 50/50 Rice (Made with Free Range Chicken)  | Beef Burger with Wedges | Roast Chicken served with a Baguette or Roast Potatoes & Gravy | Macaroni Cheese | MSC Breaded Fish with Chips  |
| | Option 2 | Soya Bolognaise with Spaghetti  | Quorn Burger with Wedges | Lentil & Tomato Whirl with Roast Potatoes  | Lentil & Sweet Potato Curry with 50/50 Rice  | Vegetable Pasty with Chips  |
| | Vegetables | Cauliflower Broccoli | Rainbow Slaw Mixed Salad | Carrot & Cucumber Sticks | Sweetcorn Baked Tomatoes | Baked Beans Peas |
| | Dessert | Mixed Fruit Crumble with Cream Yoghurt / Fresh Fruit  | Lemon Drizzle Cake Yoghurt / Fresh Fruit | Fresh Fruit & Yoghurt Station | Chocolate & Orange Cake with Choc Sauce Yoghurt / Fresh Fruit | Vanilla Shortbread Yoghurt / Fresh Fruit |
| WEEK TWO 7 Sep 28 Sep 19 Oct 16 Nov 7 Dec | Option 1 | BBQ Chicken Pasta (Made with Free Range Chicken) | Sausage Roll with Wedges | Roast (as advertised), Roast Potatoes & Gravy | Chicken Fajitas with 50/50 Rice  | MSC Fish Fingers/ Salmon Fish Fingers with Chips  |
| | Option 2 | Vegetable Tagine with Couscous  | Vegan Mexican Roll with Wedges  | Quorn Roast Fillet with Roast Potatoes & Gravy | Vegetable & Bean Fajitas with 50/50 Rice  | Spanish Omelette with Chips |
| | Vegetables | Sweetcorn Broccoli | Peas Carrot & Beetroot Slaw | Carrots Green Beans | Summer Roasted Vegetables | Baked Beans Peas |
| | Dessert | Chocolate & Beetroot Brownie Yoghurt / Fresh Fruit | Iced Sponge Yoghurt / Fresh Fruit | Fresh Fruit & Yoghurt Station | Apple Sponge & Custard Yoghurt / Fresh Fruit | Spanish Cookie Yoghurt / Fresh Fruit |
| WEEK THREE 14 Sep 5 Oct 2 Nov 23 Nov 14 Dec | Option 1 | Cheese & Tomato Pizza with Potato Salad  | Lemon Turkey Stuffed Pitta Pouch with Couscous | Roast (as advertised), Roast Potatoes & Gravy | Spaghetti Bolognaise (made with organic beef)  | MSC Fish in Batter with Chips  |
| | Option 2 | Summer Vegetable Risotto  | Tomato & Vegetable Pasta  | Vegetable Wellington, Roast Potatoes & Gravy  | Soya Mince Lasagne with Garlic Bread | Cheese & Potato Wheel with Chips |
| | Vegetables | Sweetcorn Peas | Tomato & Onion Slaw Carrot Sticks | Carrots Cabbage | Broccoli Sweetcorn | Baked Beans Peas |
| | Dessert | Banana Chocolate Oaty Square Yoghurt / Fresh Fruit  | Marble Cake & Custard Yoghurt / Fresh Fruit | Fresh Fruit & Yoghurt Station | Orange Drizzle Cake Yoghurt / Fresh Fruit | Peaches/ Mandarins & Ice Cream Yoghurt / Fresh Fruit |

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.