



**MEAT FREE MONDAY**

**Autumn 2019**

Fruity Water Available



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	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	<b>Vegetarian</b>	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						
11/11/2019	<b>Dessert</b>	Orange Drizzle Cake	Carrot and Courgette Cake with Custard	Oaty Cookie	Apple Crumble with Custard	Fruit and Yoghurt Station
02/12/2019						
<b>Week 2</b>	<b>Main</b>	Cheese and Tomato Pizza with New Potatoes	Spaghetti Bolognese	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	<b>Vegetarian</b>	Vegetable Tagine with Couscous	Vegetarian Soya Spaghetti Bolognese	Quorn Fillet with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Red Pepper and Cheese Frittata
30/09/2019		Peppers Green Beans	Peas Cauliflower	Cabbage Carrots	Sweetcorn Baked Tomatoes	Baked Beans Peas
28/10/2019						
18/11/2019	<b>Dessert</b>	Wholemeal Pear Crumble with Custard	Chocolate Shortbread	Apple Flapjack	Eves Pudding with Custard	Fruit and Yoghurt
09/12/2019						
<b>Week 3</b>	<b>Main</b>	Tomato Ariabata	50% Plant Based Chicken, Lentil and Gravy Pie with Mashed Potato Topping	Roast Chicken Drumstick with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Fish in Batter with Chips
16/09/2019	<b>Vegetarian</b>	Vegetable Wholemeal Pasta Bake	Creamy Vegetable Pie with Mashed Potato and Gravy	Vegetarian Wellington with Roast Potatoes and Gravy	Roasted Cauliflower Curry with Rice	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						
25/11/2019	<b>Dessert</b>	Banana Loaf with Custard	Rice Pudding with Mixed Berries	Apple, Cheese and Biscuits	Chocolate and Mandarin Sponge with Chocolate Sauce	Fruit and Yoghurt
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

Fresh Fruit and Yoghurt

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