

# Wokingham Autumn Menu 2020 MILK FREE

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



<b>Week One</b> 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	<b>Option 1</b>	Chicken Curry with 50/50 Rice (No Yoghurt)	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Tomato and Vegetable Pasta	Fish Fingers/Salmon Fish Fingers with Chips
	<b>Option 2</b>	Jacket Potato with baked beans or Tuna	Linda McCartney Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Jacket Potato with a choice of fillings
	<b>Vegetables</b>	Sweet Corn Peas	Cauliflower Broccoli	Carrots Green Beans	Roasted Vegetables Green Salad	Baked Beans Peas
	<b>Dessert</b>	Apple Flapjack Fresh Fruit	Peach upside down Cake Fresh Fruit	Fresh Fruit	Syrup Sponge (No Custard) Fresh Fruit	Chocolate Cookie Fresh Fruit
<b>Week Two</b> 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	<b>Option 1</b>	Jacket Potato with a choice of fillings	Sausage Roll with New Potatoes	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice	Breaded Fish with Chips
	<b>Option 2</b>	Chickpea Curry with Rice	Jacket Potato with a choice of fillings	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetarian Bolognese With Rice	Frittata with Chips (No Cheese)
	<b>Vegetables</b>	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
	<b>Dessert</b>	Oaty Pear Crumble Fresh Fruit	Chocolate Cake Fresh Fruit	Fresh Fruit	Carrot and Courgette Cake Fresh Fruit	Orange and Lemon Shortbread Fresh Fruit
<b>Week Three</b> 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	<b>Option 1</b>	PB Bolognese with Pasta (No Cheese/White Sauce)	Jacket Potato with a choice of fillings	Roast Pork, Roast Potatoes and Gravy	Chicken Stir Fry with Rice	Fish in Batter With Chips
	<b>Option 2</b>	Butter Bean Vegetable Risotto with Rice	Vegetable Hotpot	Quorn Roast Fillet with Roast Potatoes and Gravy	Wholemeal Pasta Bake (No Cheese)	Bean and Lentil Burger with Chips
	<b>Vegetables</b>	Sweet Corn Broccoli	Cauliflower and Green Beans	Carrots Peas	Carrot Sticks Tomato & Onion Salad	Baked Beans Peas
	<b>Dessert</b>	Oaty Cookie Fresh Fruit	Eves Pudding Fresh Fruit	Fresh Fruit	Chocolate and Orange Brownie Fresh Fruit	Fresh Fruit

**Available Daily:**  
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
- 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.

# Wokingham Autumn Menu 2020 EGG free

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



<b>Week One</b> 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	<b>Option 1</b>	Chicken Curry with 50/50 Rice	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Tomato and Vegetable Pasta	Fish Fingers/Salmon Fish Fingers with Chips
	<b>Option 2</b>	Macaroni Cheese	Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Jacket Potato with a choice of fillings (No Mayonnaise)
	<b>Vegetables</b>	Sweet Corn Peas	Cauliflower Broccoli	Carrots Green Beans	Roasted Vegetables Green Salad	Baked Beans Peas
	<b>Dessert</b>	Apple Flapjack Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Chocolate Cookie Fresh Fruit and Yoghurt Station
<b>Week Two</b> 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	<b>Option 1</b>	Jacket Potato with a choice of fillings	Sausage Roll with New Potatoes	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice	Breaded Fish with Chips
	<b>Option 2</b>	Chickpea Curry with Rice	Potato and Courgette Layer Bake	Vegetarian Sausage with Roast Potatoes and Gravy	Vegetarian Bolognese With Rice	Jacket Potato with a choice of fillings (No Mayonnaise)
	<b>Vegetables</b>	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
	<b>Dessert</b>	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Orange and Lemon Shortbread Fresh Fruit and Yoghurt Station
<b>Week Three</b> 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	<b>Option 1</b>	Plant Based Beef Lasagne	Chicken & Sweet Corn Pie with New Potatoes and Gravy	Roast Pork, Roast Potatoes and Gravy	Chicken Stir Fry With Rice	Fish in Batter With Chips
	<b>Option 2</b>	Butter Bean Vegetable Risotto with Rice	Vegetable Hotpot	Cheese and Pepper Whirl with Roast Potatoes	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
	<b>Vegetables</b>	Sweet Corn Broccoli	Cauliflower and Green Beans	Swede Peas	Carrot Sticks Tomato & Onion Salad	Baked Beans Peas
	<b>Dessert</b>	Oaty Cookie Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

**Available Daily:**  
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
- Daily salad selection

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# Wokingham Autumn Menu 2020 - NGCI



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**  
31/08/2020  
21/09/2020  
12/10/2020  
09/11/2020  
30/11/2020

<b>Option 1</b>	Chicken Curry with 50/50 Rice	NGCI Sausage, Mashed Potatoes & <b>NGCI Gravy</b>	Roast Chicken with Roast Potatoes & <b>NGCI Gravy (No Stuffing)</b>	Tomato and Vegetable Sauce with <b>NGCI Pasta</b>	NGCI Bubble-Coated Fish with Chips
<b>Option 2</b>	NGCI Macaroni Cheese	Jacket Potato with a choice of fillings	Quorn Roast Fillet with Roast Potatoes and <b>NGCI Gravy</b>	Lentil & Sweet Potato Curry with Rice	Jacket Potato with a choice of fillings
<b>Vegetables</b>	Sweet Corn Peas	Cauliflower Broccoli	Carrots Green Beans	Roasted Vegetables Green Salad	Baked Beans Peas
<b>Dessert</b>	NGCI Apple Crumble Yoghurt Fresh Fruit	NGCI Pineapple Sponge Yoghurt Fresh Fruit	Apple & Cheese <b>(No Crackers)</b> Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	NGCI Chocolate Shortbread Fresh Fruit and Yoghurt

**Week Two**  
07/09/2020  
28/09/2020  
19/10/2020  
16/11/2020  
07/12/2020

<b>Option 1</b>	NGCI Cheese & Tomato Pizza & Wedges	NGCI Sausage, New Potatoes & <b>NGCI Gravy</b>	Roast Gammon Roast Potatoes & <b>NGCI Gravy</b>	Mexican Beef Chilli with Rice <b>(No Cumin)</b>	NGCI Bubble-Coated Fish with Chips
<b>Option 2</b>	Chickpea Curry with Rice	Jacket Potato with a choice of fillings	Quorn Roast Fillet with Roast Potatoes and <b>NGCI Gravy</b>	Jacket Potato with a choice of fillings	Cheese Frittata with Chips
<b>Vegetables</b>	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
<b>Dessert</b>	NGCI Pear Crumble and custard Yoghurt Fresh Fruit	NGCI Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple & Cheese <b>(No Crackers)</b> Yoghurt Fresh Fruit	NGCI Carrot and Courgette Cake Yoghurt Fresh Fruit	NGCI Shortbread Fresh Fruit and Yoghurt

**Week Three**  
14/09/2020  
05/10/2020  
02/11/2020  
23/11/2020  
14/12/2020

<b>Option 1</b>	PB Bolognese with NGCI Pasta	NGCI Chicken & Sweet Corn Pie with <b>NGCI Gravy</b>	Roast Pork, Roast Potatoes and <b>NGCI Gravy</b>	Chicken Stir Fry <b>(No Soy Sauce)</b>	NGCI Bubble-Coated Fish with Chips
<b>Option 2</b>	Butter Bean Vegetable Risotto with Rice	Vegetable Hotpot	Quorn Roast Fillet with Roast Potatoes and <b>NGCI Gravy</b>	NGCI Vegetable Pasta Bake	NGCI Bean and Lentil Burger (NO BUN) with Chips
<b>Vegetables</b>	Sweet Corn Broccoli	Cauliflower Green Beans	Swede Peas	Carrot Sticks Tomato Salad	Baked Beans Peas
<b>Dessert</b>	NGCI Vanilla Sponge Yoghurt Fresh Fruit	NGCI Eves Pudding Yoghurt Fresh Fruit	Apple & Cheese <b>(No Crackers)</b> Yoghurt Fresh Fruit	NGCI Chocolate and Orange Brownie Yoghurt Fresh Fruit	NGCI Shortbread Fresh Fruit and Yoghurt

**Available Daily:**  
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- Daily salad selection

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