

Monday

Tuesday












Wednesday

Thursday

Friday

Week One








Commencing
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 Bolognaise 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

Week Two


Commencing
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 Green 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

Week Three

Commencing
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.

Monday

Tuesday

Wednesday

Thursday

Friday

Week One

Commencing
31/08/2020
21/09/2020
12/10/2020
09/11/2020
30/11/2020

MEAT FREE MONDAY

Option 1	Jacket Potato with a choice of filling (No Cheese)	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 Bolognaise 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 (No Cream)	Lemon Drizzle Cake	Fresh Fruit	Chocolate & Orange Cake (No Sauce)	Vanilla Shortbread

Or a choice of Fresh Fruit available daily

Week Two

Commencing
07/09/2020
28/09/2020
19/10/2020
16/11/2020
07/12/2020

MEAT FREE MONDAY

Option 1	Mediterranean Vegetable Pasta Bake (No Cheese)	Chicken Fajitas with 50/50 Rice	Roast Pork, Roast Potatoes & Gravy	Homemade BBQ Chicken Pasta	MSC Fish Fingers with Chips
Option 2	Vegetable Tagine with Couscous	Vegetable & Bean Fajitas with 50/50 Rice	Jacket Potato with a choice of filling (No Cheese)	Jacket Potato with a choice of filling (No Cheese)	Vegan Mexican Roll with Chips
Vegetables	Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudité	Baked Beans Peas
Dessert	Chocolate & Beetroot Brownie	Apple Sponge (No Custard)	Carrot & Courgette Cake	Iced Sponge	Spanish Cookie

Or a choice of Fresh Fruit available daily

Week Three

Commencing
14/09/2020
05/10/2020
02/11/2020
23/11/2020
14/12/2020

MEAT FREE MONDAY

Option 1	Jacket Potato with a choice of filling (No Cheese)	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Bolognaise (No Lasagne, No Garlic Bread)	MSC Fish in Batter with Chips
Option 2	Vegetable Risotto	Tomato & Vegetable Pasta (No Cheese)	Lentil & Tomato Whirl with Roast Potatoes	Soya Mince Bolognaise (No Garlic Bread)	Jacket Potato with a choice of filling (No Cheese)
Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square	Marble Cake (No Custard)	Fresh Fruit	Orange Drizzle Cake	Apple & Raisin Flapjack

Or a choice of 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

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1 MEAT FREE MONDAY Homemade Macaroni Cheese (No Garlic Bread)	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 Bolognaise 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	Vegetable Sticks Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
	Dessert	Mixed Fruit Crumble with Cream	Fresh Fruit	Apple, Cheese & Biscuits	Fresh Fruit	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1 MEAT FREE MONDAY 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	Jacket Potato with a choice of fillings (No Mayonnaise)	Jacket Potato with a choice of fillings (No Mayonnaise)	Vegan Mexican Roll with Chips
	Vegetables	Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudités	Baked Beans Peas
	Dessert	Fresh Fruit	Fresh Fruit Platter	Fresh Fruit	Fresh Fruit Platter	Spanish Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1 MEAT FREE MONDAY Jacket Potato with a choice of fillings (No Mayonnaise)	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Lasagne (No Garlic Bread)	MSC Fish in Batter with Chips	
	Option 2	Vegetable Risotto	Cheese Tomato & Vegetable Pasta	Lentil & Tomato Whirl with Roast Potatoes	Soya Mince Lasagne (No 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	Fresh Fruit Platter	Fruit & Ice Cream	Fresh Fruit Platter	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

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1 	NGCI Macaroni Cheese	Cottage Pie	Roast Chicken served with Roast Potatoes & Gravy	Jacket Potato with a choice of fillings	NGCI Bubble Fish with Chips
	Option 2	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Lentil & Sweet Potato Curry with 50/50 Rice	Jacket Potato with a choice of fillings
	Vegetables	Coleslaw Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
	Dessert	NGCI Mixed Fruit Crumble with Cream	NGCI Lemon Drizzle Cake	Fruit Platter	NGCI Chocolate Cake	NGCI Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 	NGCI Vegetable Pasta Bake	Chicken Fajita Filling (No Tortilla Wrap, No Cumin) with 50/50 Rice	Roast Pork, Roast Potatoes & Gravy	Jacket Potato with a choice of fillings	NGCI Bubble Fish with Chips
	Option 2	Vegetable Tagine with Rice (No Couscous)	Vegetable & Bean Fajita Filling (No Tortilla Wrap, No Cumin) with 50/50 Rice	Quorn Roast Fillet with Roast Potatoes & Gravy	NGCI Cheese and Tomato Pizza with Baked Wedges	Jacket Potato with a choice of fillings
	Vegetables	Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudités	Baked Beans Peas
	Dessert	NGCI Chocolate & Beetroot Brownie	NGCI Apple Sponge & Custard	NGCI Carrot & Courgette Cake	NGCI Iced Sponge	NGCI Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1 	NGCI Cheese & Tomato Pizza with Baked Wedges	Homemade Jollof Rice with Chicken (No Cumin)	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Bolognese with NGCI Pasta	NGCI Bubble Fish with Chips
	Option 2	Vegetable Risotto	Cheese Tomato & Vegetable Sauce with NGCI Pasta	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings
	Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Fresh Fruit Platter	NGCI Marble Cake	Fruit & Ice Cream	NGCI Orange Drizzle Cake	Fresh Fruit
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

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