

Autumn Term Menu 2020



Week 1 Commencing 07.09.20, 28.09.20, 19.10.20, 09.11.20, 30.11.20, 21.12.20

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pork Meatball Ragù with White and Brown Rice</p> <p>Veggie Meatball Ragù with White and Brown Rice</p> <p>ALLERGEN FREE: Pork Ragù OR Vegetable Ragù with White and Brown Rice</p> <p>---</p> <p>Fromage Frais</p> <p>ALLERGEN FREE: Koko Yoghurt</p>	<p>Chicken and Broccoli Pie with Peas and Carrots</p> <p>Vegetable and Bean Pie with Peas and Carrots</p> <p>ALLERGEN FREE: Chicken and Broccoli Pie OR Vegetable and Bean Pie with Peas and Carrots</p> <p>---</p> <p>Bananas</p>	<p>Fish in Parsley Sauce with Potato, Carrot and Swede Mash</p> <p>Quorn in Parsley Sauce with Potato, Carrot and Swede Mash</p> <p>ALLERGEN FREE: Mixed Beans in Parsley Sauce with Potatoes, Carrot and Swede Mash</p> <p>---</p> <p>Mousse</p> <p>ALLERGEN FREE: Strawberry Koko Yoghurt</p>	<p>Beef Chilli Pasta Bake</p> <p>Vegetable and Bean Chilli Pasta Bake</p> <p>ALLERGEN FREE: Beef Chilli Pasta Bake OR Vegetable and Bean Chilli Pasta Bake</p> <p>---</p> <p>Berry Yoghurt</p> <p>ALLERGEN FREE: Berry Koko Yoghurt</p>	<p>Sausage and Bean Hotpot with Mashed Potato</p> <p>Vegetarian Sausage and Bean Hotpot with Mashed Potato</p> <p>ALLERGEN FREE: Chicken and Bean OR Vegetable and Mixed Bean Hotpot with Mashed Potato</p> <p>---</p> <p>Fromage Frais</p> <p>ALLERGEN FREE: Koko Yoghurt</p>

Week 2 Commencing 14.09.20, 05.10.20, 26.10.20, 16.11.20, 07.12.20

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Macaroni Cheese with Peas and Sweetcorn</p> <p>Macaroni Cheese with Peas and Sweetcorn</p> <p>ALLERGEN FREE: Cheesy Pasta with Peas and Sweetcorn</p> <p>---</p> <p>Berry Yoghurt</p> <p>ALLERGEN FREE: Berry Koko Yoghurt</p>	<p>Minted Lamb Hotpot</p> <p>Minted Meat Free Mince Hotpot</p> <p>ALLERGEN FREE: Minted Lamb Hotpot OR Minted Vegetable and Bean Hotpot</p> <p>---</p> <p>Fromage Frais</p> <p>ALLERGEN FREE: Koko Yoghurt</p>	<p>Cottage Pie with Swede and Carrots</p> <p>Vegetarian Cottage Pie with Swede and Carrots</p> <p>ALLERGEN FREE: Cottage Pie OR Vegetable and Bean Cottage Pie with Swede and Carrots</p> <p>---</p> <p>Mousse</p> <p>ALLERGEN FREE: Strawberry Koko Yoghurt</p>	<p>Sweet and Sour Chicken with White and Brown Rice</p> <p>Sweet and Sour Chicken Style Strips with White and Brown Rice</p> <p>ALLERGEN FREE: Sweet and Sour Chicken OR Sweet and Sour Vegetables and Beans with White and Brown Rice</p> <p>---</p> <p>Bananas</p>	<p>Breaded Fish Fingers with Baked Beans and Mashed Potato</p> <p>Quorn Fishless Fingers with Baked Beans and Mashed Potato</p> <p>ALLERGEN FREE: Spinach and Falafel Burger with Peas with Mashed Potato</p> <p>---</p> <p>Fromage Frais</p> <p>ALLERGEN FREE: Koko Yoghurt</p>

Week 3 Commencing 21.09.20, 12.10.20, 02.11.20, 23.11.20, 14.12.20

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BBQ Chicken and Mediterranean Vegetables with Rice</p> <p>BBQ Chicken Style Strips and Mediterranean Vegetables with Rice</p> <p>ALLERGEN FREE: BBQ Chicken and Mediterranean Vegetables OR BBQ Mixed Bean and Mediterranean Vegetables with Rice</p> <p>---</p> <p>Bananas</p>	<p>Cheesy Bean and Potato Pie</p> <p>Cheesy Bean and Potato Pie</p> <p>ALLERGEN FREE: Cheesy Bean and Potato Pie</p> <p>---</p> <p>Fromage Frais</p> <p>ALLERGEN FREE: Koko Yoghurt</p>	<p>Beef Lasagne</p> <p>Vegetarian Lasagne</p> <p>ALLERGEN FREE: Beef Lasagne OR Vegetable Lasagne</p> <p>---</p> <p>Berry Yoghurt</p> <p>ALLERGEN FREE: Berry Koko Yoghurt</p>	<p>Salmon Fishcakes with Potatoes in Parsley Butter, Peas and Sweetcorn</p> <p>Breaded Vegetable Cake with Potatoes in Parsley Butter, Peas and Sweetcorn</p> <p>ALLERGEN FREE: Vegetable and Bean Burger with Potatoes in Parsley Butter, Peas and Sweetcorn</p> <p>---</p> <p>Fromage Frais</p> <p>ALLERGEN FREE: Koko Yoghurt</p>	<p>Katsu Chicken Curry with White and Brown Rice</p> <p>Katsu Vegetable Curry with White and Brown Rice</p> <p>ALLERGEN FREE: Katsu Chicken Curry OR Katsu Vegetable Curry with White and Brown Rice</p> <p>---</p> <p>Mousse</p> <p>ALLERGEN FREE: Strawberry Koko Yoghurt</p>

Morning Snack or Afternoon Snack: A mixed selection of fruit with milk or water

Evening Snack: A selection of freshly made wholemeal sandwiches with water or milk