

# Silver Autumn Menu 2020 2CH

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

**Main**

Cheese and Tomato Pizza

Sausage Roll with Homemade Jacket Wedges

Roast Chicken with Roast Potatoes & Gravy

Spaghetti Bolognaise

MSC Fishfingers with Chips and Homemade Tomato Sauce

02/11,  
23/11,  
14/12,  
18/01,  
08/02,  
08/03,  
29/03

**Vegetarian V - Vegan**

5 Bean Chilli with 50/50 Rice (V)

Veggie Mince Bolognaise (V)

Lentil and Vegetable Roast with Roast Potatoes (V)

Veggie Sausages with Mashed Potato and Gravy (V)

Mexican Bean Roll with Chips and Homemade Tomato Sauce (V)

**Vegetables**

Peas & Carrots

Sweetcorn & Broccoli

Cabbage & Carrots

Sweetcorn & Green Beans

Baked Beans &/or Peas

**Dessert**

Chocolate & Beetroot Cake

Wholemeal Peach Crumble with Custard

Yoghurt & Fruit Station

Apple Flapjack

Vanilla Shortbread with Fruity Friday

**Week Two**

**Main**

Macaroni Cheese

Farm Assured Beef Burger in a Bun with Jacket Wedges

Roast Turkey with Roast Potatoes & Gravy

Sweet & Sour Chicken with 50:50 Rice

MSC Breaded Fish with Chips and Homemade Tomato Sauce

09/11,  
30/11,  
04/01,  
25/01,  
22/02,  
15/03

**Vegetarian V - Vegan**

Veggie Mince Shepherds Pie (V)

Vegetable Pasta Bake

Quorn Fillet with Roast Potatoes & Gravy

Cheese and Tomato Pizza

Veggie Sausage in a Roll with Chips (V)

**Vegetables**

Peas & Carrots

Sweetcorn or Coleslaw

Carrots & Cabbage

Broccoli & Sweetcorn

Baked Beans &/or Peas

**Dessert**

Carrot & Courgette Cake

Apple Pie with Custard

Jelly with Ice Cream

Cinnamon Cookie

Chocolate Shortbread with Fruity Friday

**Week Three**

**Main**

Pork Sausages with Mashed Potato & Gravy

Breast of Chicken served with BBQ Sauce & 50:50 Rice

Roast Gammon or Chicken with Roast Potatoes & Gravy

Chicken & Vegetable Gravy Pie with New Potatoes

MSC Salmon Fishfingers with Chips and Homemade Tomato Sauce

16/11,  
07/12,  
11/01,  
01/02,  
01/03,  
22/03

**Vegetarian V - Vegan**

Lentil & Sweet Potato Curry with 50:50 Rice (V)

Macaroni Cheese

Creamy Vegetable Pie with Roast Potatoes

Quorn Burger in a Bun with Homemade Jacket Wedges

Spanish Omelette with Chips and Homemade Tomato Sauce

**Vegetables**

Sliced Carrots & Peas

Red Cabbage Slaw & Sweetcorn

Cauliflower & Carrots

Sweetcorn & Broccoli

Baked Beans &/or Peas

**Dessert**

Pinwheel Cookie

Jelly with Mandarins

Peaches and Ice Cream

Fairtrade Banana Loaf & Custard

Oaty Cookie with Fruity Friday

**Available Daily:**

- Yoghurt and Fresh Fruit available daily as an alternative to the advertised dessert.  
- 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.

