

## Milk Free Autumn Menu 2020

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

Option 1	Chicken Curry with 50/50 Rice		Roast Chicken served Roast Potatoes , Stuffing & Gravy		MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2	Vegetarian Bolognese with Spaghetti	Jacket Potato with Beans or Tuna	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips
Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
Dessert	Mixed Fruit Crumble <b>(No Cream)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Lemon Drizzle Cake	Chocolate & Orange Cake <b>(No Choc Sauce)</b>	Vanilla Shortbread
Or a choice of Fresh Fruit available daily					

**Week Two**

Option 1	BBQ Chicken Pasta	Sausage Roll with Wedges	Roast Pork in a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	MSC Fish in Batter with Chips
Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable & Bean Wraps with 50/50 Rice	
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Chocolate & Beetroot Brownie	Fresh Fruit <b>(No Yoghurt)</b>	Iced Sponge	Apple Sponge <b>(No Custard)</b>	Spanish Cookie
Or a choice of Fresh Fruit available daily					

**Week Three**

Option 1		Lemon Turkey Stuffed Pitta Pouch <b>(No Yoghurt)</b> with Rice	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice	
Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square	Fresh Fruit <b>(No Yoghurt)</b>	Marble Cake	Orange Drizzle Cake	Peaches <b>(No Ice Cream)</b>
Or a choice of Fresh Fruit available daily					

**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.

# Egg Free Autumn Menu 2020

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

Option 1	Chicken Curry with 50/50 Rice		Roast Chicken served Roast Potatoes , Stuffing & Gravy	Macaroni Cheese <b>(No Garlic Bread)</b>	MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2		Jacket Potato with Beans, Tuna or Cheese <b>(No Mayonnaise)</b>	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips
Vegetables	Cauliflower Broccoli	<b>(No Coleslaw)</b> Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
Dessert	Mixed Fruit Crumble with Cream	Fresh Fruit & Yoghurt Station	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily					

**Week Two**

Option 1	BBQ Chicken Pasta		Roast Pork in a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	MSC Fish in Batter with Chips
Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges		Vegetable & Bean Wraps with 50/50 Rice	
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Fresh Fruit or Yoghurt	Fresh Fruit & Yoghurt Station	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Spanish Cookie
Or a choice of Yoghurt & Fresh Fruit available daily					

**Week Three**

Option 1		Lemon Turkey Stuffed Pitta Pouch with Rice	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice	Cheese & Potato Wheel with Chips
Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square	Fresh Fruit & Yoghurt Station	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

**Available Daily:**

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

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## ● Milk & Egg Free Autumn Menu 2020 ●

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

Option 1	Chicken Curry with 50/50 Rice		Roast Chicken served Roast Potatoes , Stuffing & Gravy		MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2		Jacket Potato with Beans or Tuna <b>(No Mayonnaise)</b>	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips
Vegetables	Cauliflower Broccoli	<b>(No Coleslaw)</b> Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
Dessert	Mixed Fruit Crumble <b>(No Cream)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Vanilla Shortbread

Or a choice of Fresh Fruit available daily

**Week Two**

Option 1	BBQ Chicken Pasta		Roast Pork in a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	MSC Fish in Batter with Chips
Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges		Vegetable & Bean Wraps with 50/50 Rice	
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Spanish Cookie

Or a choice of Fresh Fruit available daily

**Week Three**

Option 1		Lemon Turkey Stuffed Pitta Pouch <b>(No Yoghurt)</b> with Rice	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Fishfingers/ Salmon Fishfingers with Chips
Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice	
Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Fresh Fruit <b>(No Yoghurt)</b>	Peaches <b>(No Ice Cream)</b>

Or a choice of Fresh Fruit available daily

**Available Daily:**

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

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## NGCI Autumn Menu 2020

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

Option 1			Roast Chicken served Roast Potatoes & Gravy <b>(No Stuffing)</b>	<b>NGCI Macaroni Cheese (No Garlic Bread)</b>	<b>NGCI Bubble Fish</b> with Chips
Option 2	Vegetarian Bolognese with <b>NGCI Pasta</b>	Jacket Potato with Beans, Cheese or Tuna		Lentil & Sweet Potato Curry with 50/50 Rice	
Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
Dessert	<b>NGCI Mixed Fruit Crumble</b> with Cream	Fresh Fruit & Yoghurt( <b>No Granola, No Crumble</b> )	<b>NGCI Lemon Drizzle Cake</b>	<b>NGCI Chocolate Cake</b> with Choc Sauce	<b>NGCI Vanilla Shortbread</b>
Or a choice of Yoghurt & Fresh Fruit available daily					

**Week Two**

Option 1			Roast Pork ( <b>No Baguette</b> ), Roast Potatoes & Gravy	<b>Chicken Fajita Filling (No Tortilla, No Cumin)</b> with 50/50 Rice	<b>NGCI Bubble Fish</b> with Chips
Option 2	Vegetable Tagine with Rice	Jacket Potato with Beans, Cheese or Tuna	Quorn Roast Fillet with Roast Potatoes & Gravy	<b>Vegetable Fajita Filling (No Tortilla, No Cumin)</b> with 50/50 Rice	Spanish Omelette with Chips
Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
Dessert	<b>NGCI Chocolate &amp; Beetroot Brownie</b>	Fresh Fruit & Yoghurt( <b>No Granola, No Crumble</b> )	<b>NGCI Iced Sponge</b>	<b>NGCI Eves Pudding with Custard</b>	<b>NGCI Vanilla Shortbread</b>
Or a choice of Yoghurt & Fresh Fruit available daily					

**Week Three**

Option 1	<b>NGCI Cheese &amp; Tomato Pizza</b> with Potato Salad		Roast Gammon and Roast Potatoes & Gravy	Bolognese with <b>NGCI Pasta</b>	<b>NGCI Bubble Fish</b> with Chips
Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta <b>NGCI Pasta</b>		Five Bean Chilli with Rice ( <b>No Cumin</b> )	
Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Dessert	<b>NGCI Vanilla Shortbread</b>	Fresh Fruit & Yoghurt <b>(No Granola, No Crumble)</b>	<b>NGCI Iced Sponge</b>	<b>NGCI Lemon Drizzle Cake</b>	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

**Available Daily:**

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

**ALLERGY INFORMATION:**

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