

**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.

# Gold Menu Autumn 2017



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> 4.9.17 25.9.17 16.10.17 13.11.17 4.12.17	<b>Main</b>	Sausages with Mashed Potato and Gravy	Chicken Tikka & Rice	Roast Gammon with Roast Potatoes and Gravy	Organic Beef Mince Cottage Pie	MSC salmon fishcake with Chips
	<b>Vegetarian</b>	Vegetable Cottage Pie with Mashed Potato Topping	Sweet & Sour Vegetables with Rice	Vegetable pasty with Roast Potatoes and Gravy	Quorn Sausage with Mashed Potato and Gravy	Roasted Vegetable fajita Wrap
		Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Salmon mayo	Jacket Potato with Cheese	Deli Bag Ham, Tuna or Cheese Baguette
	<b>Dessert</b>	Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Carrots	Baked Beans Garden Peas
		Fruit & Vanilla Oaty Crumble with Custard Yoghurt Fresh Fruit Platter	Banana Cake & Custard Yoghurt Fresh Fruit Salad	Chocolate sponge with chocolate icing Yoghurt Fresh Fruit Platter	Jelly & Custard Yoghurt Fresh Fruit Salad	Oaty Biscuit Yoghurt Fresh Fruit Chunks
<b>WEEK 2</b> 11.9.17 2.10.17 30.10.17 20.11.17 11.12.17	<b>Main</b>	Beef Burger in a bun with Jacket Wedges	Chicken Neapolitan pasta	Roast Turkey with Roast Potatoes and Gravy	Organic Beef Mince Tortilla Stack	MSC Fish Fingers with Chips
	<b>Vegetarian</b>	Bean & vegetable Hotpot with Jacket Wedges	Macaroni Cheese with Garlic Slice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable Pasta Bolognese	Cheese & Tomato Quiche with Chips
		Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Salmon Mayo	Jacket Potato with Cheese	Deli Bag Ham, Tuna or Cheese Baguette
	<b>Dessert</b>	Coleslaw Sweet corn	Broccoli Carrots	Carrots Green Beans	Roasted Mixed Vegetables	Baked Beans Garden Peas
		Pineapple Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Lemon Mixed Berry cake & Custard Yoghurt Fresh Fruit Chunks	Vanilla Shortbread Fresh Fruit Salad	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Chocolate Brownie Yoghurt Fresh Fruit Chunks
<b>WEEK 3</b> 18.9.17 9.10.17 6.11.17 27.11.17 18.12.17	<b>Main</b>	BBQ Chicken Pizza with Jacket Wedges	Organic Beef Mince Chilli with Rice	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Organic Beef Mince Pasta Bolognese	MSC or Battered Fish with Chips
	<b>Vegetarian</b>	Vegetable tortilla Stack	Lentil & Sweet Potato Curry with Rice	Vegetable Wellington with Roast Potatoes and Gravy	Cheese Tomato Pizza with Wedges	Spanish Omelette with Chips
		Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Salmon Mayo	Jacket Potato with cheese	Deli Bag Ham, Tuna or Cheese Baguette
	<b>Dessert</b>	Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Mixed Salad	Garden Peas Baked Beans
		Bear Sponge with Custard Yoghurt Fresh Fruit Platter	Apple Crumble & Custard Yoghurt Fresh Fruit Salad	Chocolate Crunch Yoghurt Fresh Fruit Chunk	Jam Sponge with Custard	Lemon drizzle cake



Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
 Bread freshly baked on site daily  
 Daily salad selection  
 Fresh fruit and yoghurt