

## AUTUMN 2021 MENU

### WEEK ONE

	<i>Traditional</i>	<i>Euro</i>	<i>Asian</i>	<i>Veggie Day</i>	<i>Fishy Friday</i>
DAY	MON	TUE	WED	THU	FRI
Main Option 1	Halal Chicken Sausage, Mash and onion gravy	Beef Lasagne	Butter Chicken Curry	Mac N Cheese	Battered Fish and Chips
Main Option 2	Veggie Sausage, Mash and Onion Gravy	Vegetable Lasagne	Seasonal Vegetable Curry	Pasta with Tomato and Basil Sauce	Quorn Burger with Chips
Main Option 3	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
Side	Mixed Vegetables	Garlic Bread	Flavoured Rice or Nan	Garlic Bread	Green Peas
Desserts	Carrot Cake or Yoghurt or Fruit	Oat and Raisin Cookie or Yoghurt or fruit	Flapjack or Yoghurt or Fruit	Low-sugar Brownies or Yoghurt or Fruit	Victoria Sponge Cake or Yoghurt or Fruit
Drinks	Orange or apple juice or selection of milkshakes				
Cold Food Option	Selection of Baguettes/ Sandwiches/ Wraps with fillings of Cheese, Tuna and Chicken				

### WEEK TWO

	<i>Traditional</i>	<i>Euro</i>	<i>Asian</i>	<i>Veggie Day</i>	<i>Fishy Friday</i>
DAY	MON	TUE	WED	THU	FRI
Main Option 1	Roast Chicken Leg, Mash and Gravy	Cajun Spiced Turkey	Chicken Coconut Curry	Veggie Pasta Bake	Battered Fish and Chips
Main Option 2	Jamaican Vegetable patty, Mash and Gravy	Vegetable Kiev	Thai Vegetable Curry	Pasta with Tomato and Basil Sauce	Vegetable Pasties with Chips
Main Option 3	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
Side	Mixed Vegetables	Seasoned Potato Wedges	Scented Rice / Nan	Garlic Bread	Green Peas
Desserts	Carrot Cake or Yoghurt or Fruit	Oat and Raisin Cookie or Yoghurt or fruit	Flapjack or Yoghurt or Fruit	Low-sugar Brownie or Yoghurt or Fruit	Victoria Sponge Cake or Yoghurt or fruit
Drinks	Orange or apple juice or selection of milkshakes				
Cold Food Option	Selection of Baguettes/ Sandwiches/ Wraps with fillings of Cheese, Tuna and Chicken				

### WEEK THREE

	<i>Traditional</i>	<i>Euro</i>	<i>Asian</i>	<i>Veggie Day</i>	<i>Fishy Friday</i>
DAY	MON	TUE	WED	THU	FRI
Main Option 1	Traditional Cottage Pie	Chicken Cheese and Macaroni Bake	Stir Fried Chicken	Mixed Bean Chilli	Battered Fish and Chips
Main Option 2	Vegan Cottage Pie	Roasted Vegetable and Pasta Bake	Stir Fried Vegetables	Pasta with Tomato Basil Sauce	Vegetable Burger with Chips
Main Option 3	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese	Jacket Potato with Baked Beans and Cheese
Side	Mixed Vegetables	Garlic Bread	Noodles	Rice	Green Peas
Desserts	Carrot Cake or Yoghurt or Fruit	Oat and Raisin Cookie or Yoghurt or fruit	Flapjack or Yoghurt or Fruit	Low-sugar Brownie or Yoghurt or Fruit	Victoria Sponge Cake or Yoghurt or fruit
Drinks	Orange or apple juice or selection of milkshakes				
Cold Food Option	Selection of Baguettes/ Sandwiches/ Wraps with fillings of Cheese, Tuna and Chicken				

<b>Breakfast</b>	Toast with Butter and Jam, Cornflakes with milk, Juices and milkshakes, fresh fruit and yoghurt				
<b>Break Time Snacks</b>	Low Sugar Muffin	Croissant	Tomato and Cheese Pizza	Pancake With Maple Syrup	Waffle

#### Price List Autumn 2021

Cereal	<b>£0.40</b>	Milkshake	<b>£0.50</b>	Hot meal deal	<b>£2.40</b>
Toast	<b>£0.40</b>	Juice	<b>£0.60</b>	Cold meal deal	<b>£2.00</b>
Fruit	<b>£0.40</b>	Break time special	<b>£0.80</b>	FSM Lunch deal	<b>£2.40</b>
Yoghurts	<b>£0.50</b>			Dessert	<b>£0.50</b>