**Autumn/Spring Menu 2020/2021**

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| **Monday WEEK 1** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Margherita pizza | Homemade meat pie | Roast turkey with stuffing and gravy | Southern style baked chicken fillet | Breaded fish \* |
| Meatballs in tomato sauce | Quorn sausage in a bun | Quorn curry and rice | Cheese whirl | Quorn bolognaise bake |
| Sandwich selection |  Sandwich selection | Sandwich selection | Sandwich selection | Sandwich selection |
| Jacket potato with choice of filling | Jacket potato with choice of filling  | Jacket potato with choice of filling  | Jacket potato with choice of filling  | Jacket potato with choice of filling  |
| Rice pudding and peaches | Chocolate and beetroot muffin | Banana cake and custard | Jelly and fruit | Ice cream with orange wedge |
| Fresh fruit, yoghurt, cheese and biscuits  | Fresh fruit, yoghurt  | Fresh fruit, yoghurt | Fresh fruit, yoghurt, cheese and biscuits | Fresh fruit, yoghurt |
| Pasta or ½ baked jacket, peas or sweetcorn | Creamed potatoes, carrots or green beans  |  Roast potatoes, broccoli or carrots | Baked new potatoes, baked beans or sweetcorn  | Chips, mushy peas, baked beans |
| **Monday WEEK 2** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Oven baked sausages with gravy | Chicken tikka with naan bread | Roast Beef with gravy | Potato hash | Fish fingers  |
| Herby pasta bake | Macaroni cheese | Vegetarian sausage roll | Quorn burger in a bun | Cheese flan |
| Sandwich selection | Sandwich selection | Sandwich selection | Sandwich selection | Sandwich selection |
| Jacket potato with choice of filling   | Jacket potato with choice of filling | Jacket potato with choice of filling | Jacket potato with choice of filling | Jacket potato with choice of filling |
| Fruit mousse with apple wedge | Fruity flapjack | Dorset apple cake and custard | Chocolate ice cream | Lemon and sultana sponge with custard |
| Fresh fruit, yoghurt | Fresh fruit, cheese and biscuits, yoghurt | Fresh fruit, yoghurt | Fresh fruit, cheese and biscuits, yoghurt | Fresh fruit, yoghurt |
| Creamed potatoes, baked beans or mixed vegetables | Savoury rice, sweetcorn, green beans | Roast potatoes or parsley potatoes, carrots or cauliflower | ½ jacket potato, mixed vegetables  | Chips, mushy peas, beans |
| **Monday WEEK 3** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Omelette, sausage and baked beans | Spaghetti bolognaise | Roast chicken fillet with gravy | Beef burger in a bun | Salmon Nuggets |
| Quorn pizza wrap | Cheese whirl | Mixed bean chilli | Quorn Korma with naan bread | Vegetarian meat balls with tomato sauce |
| Sandwich selection | Sandwich selection | Sandwich selection | Sandwich selection | Sandwich selection |
| Jacket potato with choice of filling | Jacket potato with choice of filling | Jacket potato with choice of filling | Jacket potato with choice of filling  | Jacket potato with choice of filling  |
| Arctic roll | Rice pudding and mixed fruit | Cornflake tart and custard | Fruit flapjack | Mandarin oranges and ice cream |
| Fresh fruit, yoghurt | Fresh fruit, cheese and biscuits, yoghurt | Fresh fruit, yoghurt | Fresh fruit, yoghurt | Fresh fruit, cheese and biscuits, yoghurt |
| Creamed potato or ½ jacket potato, baked beans, sweetcorn | Creamed potato, carrots or broccoli | New potatoes, rice, sweetcorn or cabbage | Half jacket potato, braised rice, sweetcorn or carrots | Chips, pasta, peas, baked beans |

Available daily – assorted yogurts, chopped fresh fruit, fresh wholemeal bread, salad pots and lots of fresh water. Allergy advice – all our food is prepared in a kitchen where nuts, gluten and other ingredients are present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability. We only select fish from sustainable sources. (V) Suitable for vegetarian or vegetarian option available. Our fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative (\* Smart crumb coating)