

## St Mary Magdalene CE School – Autumn Menu 2020

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Option 1	Chinese Chicken Curry with 50/50 Rice  	Beef Burger and Potato Wedges	Roast Chicken served with Roast Potatoes & Gravy	50% PB Chilli Con Carne with 50/50 Rice 	MSC Breaded Fish with Chips
	Option 2	Lentil & Sweet Potato Curry with 50/50 Rice  	Spicy Bean Burger with Bun and Potato Wedges	Mixed Vegetable Loaf With Roast Potatoes and Gravy 	Macaroni Cheese	Vegetable Pasty with Chips 
	Option 3	Jacket Potato with Cheese or Baked Beans	Vegan Mexican Roll with Potato Wedges 	Tomato Arrabiata Pasta 	Jacket Potato with Baked Beans or Tuna	Red Pepper and Cheese Fittata
	Vegetables	Cauliflower <b>Carrot &amp; Raisin Salad</b>	Garden Peas <b>Rainbow Slaw</b>	Broccoli <b>Couscous Salad</b>	Sweetcorn <b>Beetroot &amp; Orange Salad</b>	Baked Beans Garden Peas
	Dessert	Mixed Fruit Crumble with Cream 	Lemon Drizzle Cake	Vanilla Shortbread	Chocolate & Orange Cake with Choc Sauce	Fresh Fruit or Yoghurt Station with 2 Toppings
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Two</b>	Option 1	Jollof Rice w/Chicken	50% PB Beef Lasagne with Garlic Bread 	Roast Turkey, Roast Potatoes & Gravy	50% PB Chicken & Bean Fajitas with 50/50 Rice  	MSC Fishfingers / Salmon Fishfingers with Chips
	Option 2	Mexican Bean Sausage Roll	Vegetable Lasagne with Garlic Bread	Chick Pea & Vegetable Hotpot	Vegetable & Bean Fajitas with 50/50 Rice  	Spanish Omelette with Chips
	Option 3	Jacket Potato with Cheese or Baked Beans	Summer Butterbean Vegetable Risotto 	Cheese and Tomato Quiche	Jacket Potato with Cheese Beans or Tuna	Chicken Sausage Pasta Bake
	Vegetables	Sweetcorn <b>Power salad - Sweet Potato &amp; Coriander</b>	Garden Peas <b>Coleslaw</b>	Carrots <b>Power Salad - Roast Vegetables &amp; Lentil</b>	Summer Roasted Vegetables <b>Power Salad - Tabbouleh</b>	Baked Beans Garden Peas
	Dessert	Chilli, Chocolate & Kidney Bean Muffin	Orange and Lemon Shortbread	Peaches/Mandarins and Ice Cream	Apple Sponge & Custard	Fresh Fruit or Yoghurt Station with 2 Toppings
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Three</b>	Option 1	Cheese & Tomato Pizza 	Lemon Turkey Stuffed Pitta Pouch with Couscous	Roast Chicken, Roast Potatoes & Gravy	50% PB Beef Bolognese with Garlic Bread 	MSC Fish in Batter with Chip
	Option 2	BBQ Chicken Pizza	Vegetable Tagine with Couscous 	Vegetable Wellington, Roast Potatoes & Gravy 	Vegetable Bolognese with Spaghetti with Garlic Bread 	Cheese & Potato Wheel with Chips
	Option 3	Jacket Potato with Baked Beans or Tuna	Vegetable Toad in the Hole	Glamorgan Bean & Leek Sausage	Jacket Potato with Cheese or Baked Beans	Vegetable Pasta Bake  
	Vegetables	Mixed Peas & Sweetcorn <b>BBQ Noodle Salad</b>	Carrots <b>Potato Salad</b>	Broccoli <b>Penne Pasta Salad w/Tomato Sauce</b>	Sweetcorn <b>Carrot &amp; Beetroot Slaw</b>	Baked Beans Garden Peas
	Dessert	Banana Chocolate Oaty Square	Apple Flapjack	Carrot and Courgette Cake	Blackberry and Apple Cobbler with Cream	Fresh Fruit or Yoghurt Station with 2 Toppings
Or a choice of Yoghurt & Fresh Fruit available daily						

 Added Plant Power

 Vegan

 Wholemeal

### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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.