



**Lunch Menu
Autumn/Winter
2021 - 22**

August					September					October					November					December					January					February									
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
2	3	4	5	6			1	2	3					1	1	2	3	4	5			1	2	3	3	4	5	6	7					1	1	2	3	4	
9	10	11	12	13	6	7	8	9	10	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	10	11	12	13	14	7	8	9	10	11					
16	17	18	19	20	13	14	15	16	17	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	17	18	19	20	21	14	15	16	17	18					
23	24	25	26	27	20	21	22	23	24	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	24	25	26	27	28	21	22	23	24	25					
30	31				27	28	29	30	25	26	27	28	29	29	30				27	28	29	30	31	31									28						

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Oven Baked Salmon Fishcake with New Potatoes	Homemade Lasagne	Roast Turkey with Yorkshire Pudding and Gravy	Mild Chicken Curry	Oven Baked Butchers' Burger in a Roll
	Main Option 2	Macaroni Cheese	Quorn Teriyaki	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Broccoli and Cauliflower Bake	Quorn Sausage in a Roll
	Veg	Sweetcorn • Broccoli	Carrots • Peas	Roast or Parsley Potatoes. Seasonal Vegetables • Spring Cabbage	Rice Sweetcorn • Green Beans	Chips or Pasta Baked Beans • Peas
	Dessert	Ice Cream	Fruity Flapjack	Pineapple Upside Down Cake	Apple and Custard Sponge	Chocolate Brownie with Mandarins
Week 2	Main Option 1	Pasta Carbonara	Jacket Potato with Various Fillings: Ham, Tuna Mayo, Cheese	Roast Chicken with Gravy	Minced Beef Chilli with Rice	Oven Baked BBQ Chicken Breast
	Main Option 2	Sweet Potato and Quorn Curry with Rice	Vegetarian Spaghetti Bolognese	Roast Quorn Fillet with Gravy	Cheese and Tomato Pizza with New Potatoes	Homemade Quiche
	Veg	Green Beans • Carrots	Peas • Baked Beans	Roast or Parsley Potatoes Spring Cabbage • Cauliflower Cheese	Baton Carrots • Green Beans	Chips or Pasta Sweetcorn • Peas
	Dessert	Iced Fruit Smoothie	Carrot Cake	Raspberry Muffin	Oat and Sultana Cookie	Orange Shortbread
Week 3	Main Option 1	Turkey Meatballs with Gravy	Teriyaki Chicken with Rice	Roast Gammon with Yorkshire Pudding and Gravy	Spaghetti Bolognese	Oven Baked Breaded Fish Fillet
	Main Option 2	Oven Baked Vegetarian Balls with Tomato Sauce	Vegetarian Pasta Bolognese	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Vegan Sausage Roll with New Potatoes	Crispy Quorn Dippers
	Veg	Mashed Potatoes Peas • Carrots	Green Beans • Sweetcorn	Roast or New Potatoes Cauliflower • Broccoli	Baton Carrots • Green Beans	Chips or Pasta Peas • Baked Beans
	Dessert	Ice Cream	Ginger Cookie	Apricot and Oat Cookie	Sticky Toffee Pudding with Cream	Blueberry Muffin

Food allergy disclaimer

The School Lunch Company endeavours to identify ingredients which may cause an allergic reaction for those with food allergies/intolerances. Food production teams are instructed on food allergies and potential reactions. Food is prepared in our kitchens where we use products such as milk, eggs, gluten etc and therefore meals may contain these allergens. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. People who are highly sensitive or suffer severe reaction to allergens are therefore informed that the food on offer may not be suitable for their consumption. The School Lunch Company will not intentionally use nuts or any products containing nuts as an ingredient within our food preparation. If you have an allergy or intolerance please inform a member of staff at the earliest and if in doubt, do not eat our food.

