

Cornwall Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

Monday

Tuesday

Wednesday










Thursday

Friday






Week One
6/9/21
27/9/21
18/10/21
15/11/21
6/12/21

Option 1	Vegetable and Bean Fajitas with 50/50 Rice  	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	MSC Fishfingers/ Salmon Fish Fingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Devil's Kitchen Sausage Hot Dog with Potato Wedges 	Creamy Vegetable Pie with Roast Potatoes	Tomato and Lentil Pasta with Garlic Bread 	Cheese Whirl with Chips
Vegetables	Green Beans Cauliflower	Coleslaw Sweetcorn	Mixed Vegetables	Carrots Broccoli	Baked Beans Garden Peas
Dessert	Chocolate and Apple Sponge	Mandarin Jelly 	Fruit and Yoghurt Station	Apple, Cheese and Biscuits	Oaty Cookie  

Week Two
13/9/21
4/10/21
1/11/21
22/11/21
13/12/21

Option 1	Cheese and Tomato Pizza with Potato Wedges 	Macaroni Beef Pasta Bake	Roast Gammon with Roast Potatoes and Gravy	Sweet and Sour Chicken with 50/50 Rice 	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with Couscous 	Roasted Cauliflower Curry with Rice  	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Sausages with Wedges	Vegetarian Lasagne with Chips
Vegetables	Green Beans Cauliflower	Carrots Garden Peas	Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard 	Chocolate Shortbread 	Fruit and Yoghurt Station	Peach Upside Down Cake	Apple Flapjack  

Week Three
20/9/21
11/10/21
8/11/21
29/11/21

Option 1	BBQ Quorn with Rice	Sausage Roll with Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Arrabiata Pasta Bake	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Devil's Kitchen Meatballs in Tomato Sauce with Rice  	Mexican Bean Roll with Wedges 	Roasted Quorn with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake 	Vegetarian Tortilla Stack with Chips
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Mixed Vegetables	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Rice Pudding with Mixed Berries	Chocolate Sponge	Fruit and Yoghurt Station	Eves Pudding and Custard	Pinwheel Cookie 

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.