

St Nicholas Primary School Autumn Menu 2021

Milk and Egg Free

Monday

Tuesday

Wednesday

Thursday

Friday

Week One
30/08/2021
20/09/2021
11/10/2021
08/11/2021
29/11/2021

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|------------|--|--|---|--------------------------|---|
| Option 1 | Vegetable and Bean Fajitas with 50/50 Rice | | Roast Chicken with Stuffing, Roast Potatoes and Gravy | | MSC Fish Fingers/ Salmon Fish Fingers with Chips and Tomato Sauce |
| Option 2 | | Vegan Sausage Hot Dog with Potato Wedges | Vegetable Wellington with Roast Potatoes and Gravy | Tomato and Lentil Pasta | |
| Vegetables | Green Beans Carrots | (No Coleslaw) Sweet Corn | Cauliflower Broccoli | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| Dessert | Sticky Toffee Apple Crumble (No Custard) | Mandarin Jelly | NGCI Italian Vanilla Cake | Oaty Cookie | Fresh Fruit |

Week Two
06/09/2021
27/09/2021
18/10/2021
15/11/2021
06/12/2021

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| Option 1 | | | Roast Turkey with Roast Potatoes and Gravy | Mediterranean Chicken with Rice | MSC Breaded Fish with Chips and Tomato Sauce |
| Option 2 | Vegetable Tagine with Couscous | Roasted Cauliflower Curry with Rice | | | Mexican Bean Roll with Chips |
| Vegetables | Green Beans Cauliflower | Sweet Corn Garden Peas | Cabbage Carrots | Sweet Corn Broccoli | Baked Beans Garden Peas |
| Dessert | Pear Crumble (No Custard) | Chocolate Shortbread | Pinwheel Cookie | NGCI Italian Vanilla Cake | Apple Flapjack |

Week Three
13/09/2021
04/10/2021
01/11/2021
22/11/2021
13/12/2021

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| Option 1 | | | Roast Beef with Roast Potatoes and Gravy | Jacket Potato with Baked Beans | MSC Fish in Batter with Chips and Tomato Sauce |
| Option 2 | Vegan Meatballs in Tomato Sauce with Rice | Shepherdess Pie with Gravy | | | |
| Vegetables | Broccoli Sweet Corn | Garden Peas Carrots | Carrot and Swede Mash | Green Beans Cauliflower | Baked Beans Garden Peas |
| Dessert | NGCI Italian Vanilla Cake | Chocolate Shortbread | Fresh Fruit (No Ice Cream) Pinwheel Cookie | Fresh Fruit | NGCI Italian Vanilla Cake |

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.