

**Alder Grove Autumn Menu 2020**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**  
**Commencing**  
31/08/2020  
21/09/2020  
12/10/2020  
09/11/2020  
30/11/2020



Option 1	Homemade Macaroni Cheese & Garlic Slice	Cottage Pie with Gravy	Roast Chicken served with Roast Potatoes & Gravy	Plant Based Chicken Curry with 50/50 Rice	MSC Breaded Fish with Chips
Option 2	Soya Bolognaise with Spaghetti	Shepherdess Pie with Gravy	Vegetable Wellington with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice	Homemade Vegetable Pasty with Chips
Vegetables	Coleslaw Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
Dessert	Mixed Fruit Crumble with Cream	Lemon Drizzle Cake	Apple, Cheese & Biscuits	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily

**Week Two**  
**Commencing**  
07/09/2020  
28/09/2020  
19/10/2020  
16/11/2020  
07/12/2020



Option 1	Mediterranean Vegetable Pasta Bake	Chicken Fajitas with 50/50 Rice	Roast Pork, Roast Potatoes & Gravy	Homemade BBQ Chicken Pasta	MSC Fish Fingers/ Salmon Fish Fingers with Chips
Option 2	Vegetable Tagine with Couscous	Vegetable & Bean Fajitas with 50/50 Rice	Quorn Roast Fillet with Roast Potatoes & Gravy	Wholemeal French Bread Pizza with Baked Wedges	Vegan Mexican Roll with Chips
Vegetables	Sweet Corn Broccoli	Roasted Vegetables	Carrots Green Beans	Green Salad Crudités	Baked Beans Peas
Dessert	Chocolate & Beetroot Brownie	Apple Sponge & Custard	Carrot & Courgette Cake	Iced Sponge	Spanish Cookie

Or a choice of Yoghurt & Fresh Fruit available daily

**Week Three**  
**Commencing**  
14/09/2020  
05/10/2020  
02/11/2020  
23/11/2020  
14/12/2020



Option 1	Cheese & Tomato Pizza with Baked Wedges	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Lasagne with Garlic Slice	MSC Fish in Batter with Chips
Option 2	Vegetable Risotto	Cheese Tomato & Vegetable Pasta	Lentil & Tomato Whirl with Roast Potatoes	Soya Mince Lasagne with Garlic Bread	Cheese & Potato Wheel with Chips
Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
Dessert	Banana Chocolate Oaty Square	Marble Cake & Custard	Fruit & Ice Cream	Orange Drizzle Cake	Apple & Raisin Flapjack

Or a choice of Yoghurt & Fresh Fruit available daily

**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.