

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.

Lady Grove Park Autumn Menu 2018



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian	Vegetarian sausage Pasta Bake	Vegetable stir fry with Noodles	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Vegetable Frittata
24-Sep						
15-Oct	Dessert	Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
12-Nov						
03-Dec		Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Carrot Cake & Custard Yoghurt Fresh Fruit Platter	Apple & Berry cobbler with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	Vegetarian	Vegetable's in a tomato sauce with Steamed rice	Cheesy pasta Bake	Quorn Roast with Roast Potatoes and Gravy	Spaghetti Vegetables Bolognese	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct	Dessert	Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
19-Nov						
10-Dec		Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
Week 3	Main	Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Cheese & Tomato Pizza	Shepherdess Pie	Quorn Roast with Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Cheese and Tomato Pinwheel
08-Oct						
05-Nov	Dessert	Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
26-Nov						
17-Dec		Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Fruit Flapjack Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection