

Lyndhurst Autumn Menu 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Macaroni Cheese	Beef Burger in a Bun with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Cheese & Tomato Pizza with Wedges	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Vegetable and Bean Fajitas with Rice	Vegan Sausage Hot Dog Roll with Potato Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Tomato and Lentil Pasta	Homily Pie with Chips (Cheese & Potato Pie)
	Option 3	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans
30/08/2021	Green Beans Carrots	Garden Peas Sweetcorn	Cauliflower Cabbage	Broccoli Sweetcorn	Baked Beans Garden Peas	
20/09/2021	Chocolate & Mandarin Brownie	Pear & Raisin Sponge & Custard	Fruit and Yoghurt Station	Oaty Cookie	Apple, Cheese & Biscuits	
11/10/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
08/11/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
29/11/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
Week Two	Option 1	Mediterranean Chicken Stew with Rice	Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Cheese and Tomato Pizza with Wedges	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Vegetarian Lasagne	Lentil & Sweet Potato Curry with Rice	Roasted Quorn Fillet with Roast Potatoes and Gravy	Vegetable Tagline with Couscous	Mexican Bean Roll with Chips
	Option 3	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans
06/09/2021	Green Beans Cauliflower	Sweetcorn Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas	
27/09/2021	Banana Sponge & Custard	Chocolate Shortbread	Fruit and Yoghurt Station	Peach Upside Down Cake & Custard	Apple, Cheese & Biscuit	
18/10/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
15/11/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
06/12/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
Week Three	Option 1	Spaghetti Bolognaise	Sausage Roll with Wedges	Roast Gammon with Roast Potatoes and Gravy	Cheese & Tomato Pizza with Wedges	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Vegetarian Tortilla Stack with Rice	Shepherdess Pie with Gravy	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake	BBQ Quorn with Chips
	Option 3	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans
13/09/2021	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Cauliflower	Baked Beans Garden Peas	
04/10/2021	Orange & Lemon Shortbread	Chocolate Sponge with Chocolate Sauce	Fruit and Yoghurt Station	Eves Pudding and Custard	Apple, Cheese & Biscuits	
01/11/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
22/11/2021	Or a choice of Yoghurt & Fresh Fruit available daily					
13/12/2021	Or a choice of Yoghurt & Fresh Fruit available daily					

Power
 Vegan
 Wholemeal

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.