

## College Park 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

<b>Option 1</b>	Chinese Chicken Curry with 50/50 Rice	Beef Burger with Wedge	Roast Chicken served with Roast Potatoes & Gravy	BBQ Chicken Pizza with Wedges	MSC Breaded Fish with Chips
<b>Option 2</b>	Vegetable Bolognese with Spaghetti	Quorn Burger with Wedges	Cheese & Pepper Whirl with Roast Potatoes	Cheese & Tomato Pizza with Wedges	Vegetable Pasty with Chips
<b>Packed Lunch</b>	Egg Mayonnaise Sandwich, Crudités, Piece of Fruit & Oaty Cookie	Tuna Wrap, Crudités, Piece of Fruit and Lemon Drizzle Cake	Cheese Bap, Crudités, Piece of Fruit and Vanilla Shortbread	Tuna Wrap, Crudités, Piece of Fruit and Chocolate & Orange Cake	Cheese Bap, Crudités, Piece of Fruit and Biscuit
<b>Vegetables</b>	Cauliflower Broccoli	Peas Sweet Corn	Sliced Carrots Broccoli Florets	Sweet Corn Green Beans	Baked Beans Peas
<b>Dessert</b>	Mixed Fruit Crumble with Custard	Lemon Drizzle Cake	Vanilla Shortbread	Chocolate & Orange Cake with Choc Sauce	Fresh Fruit & Yoghurt Station

**Week Two  
Commencing**

07/09/2020  
28/09/2020  
19/10/2020  
16/11/2020  
07/12/2020

<b>Option 1</b>	BBQ Chicken Pasta	Sausage Roll with Wedges	Roast Turkey Served with Roast Potatoes & Gravy	Chicken & Red Pepper Pizza with Wedges	MSC Fish Fingers with Chips
<b>Option 2</b>	Vegetable & Bean Fajitas with 50/50 Rice	Vegan Mexican Roll with Wedges	Quorn Roast Fillet with Roast Potatoes & Gravy	Macaroni Cheese	Spanish Omelette with Chips
<b>Packed Lunch</b>	Tuna Wrap, Crudities, Piece of Fruit and Chocolate & Beetroot Brownie	Cheese Bap, Crudities, Piece of Fruit and Iced Sponge	Ham Sandwich, Crudities, Piece of Fruit and Biscuit	Tuna Wrap, Crudities, Piece of Fruit and Apple Sponge	Cheese Bap, Crudities, Piece of Fruit, Cookie
<b>Vegetables</b>	Sweet Corn Broccoli	Summer Roasted Vegetables	Carrots Green Beans	Sweet Corn Coleslaw	Baked Beans Peas
<b>Dessert</b>	Chocolate & Beetroot Brownie	Iced Sponge	Orange & Lemon Shortbread	Apple Sponge & Custard	Fresh Fruit & Yoghurt Station

**Week Three  
Commencing**

14/09/2020  
05/10/2020  
02/11/2020  
23/11/2020  
14/12/2020

<b>Option 1</b>	Spaghetti Bolognese	Chicken Fajitas with 50/50 Rice	Roast Pork Served with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Wedges	MSC Fish in Batter with Chips
<b>Option 2</b>	Vegetable Bolognese	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Vegetable Mince Lasagne with Garlic Bread	Cheese & Potato Wheel with Chips
<b>Packed Lunch</b>	Cheese Bap, Crudities, Piece of Fruit, Banana Chocolate Oaty Square	Tuna Wrap, Crudities, Piece of Fruit, Marble Cake	Ham Sandwich, Crudities, Piece of Fruit,	Tuna Wrap, Crudities, Piece of Fruit, Orange Drizzle Cake	Ham Sandwich, Crudities, Piece of Fruit, Cookie
<b>Vegetables</b>	Sweet Corn Green Beans	Peas Cauliflower	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
<b>Dessert</b>	Banana Chocolate Oaty Square	Marble Cake & Custard	Peaches/ Mandarins & Ice Cream	Orange Drizzle Cake	Fresh Fruit & Yoghurt Station

-  Added Plant Power
-  Vegan
-  Wholemeal

**Available Daily:**

- Yoghurt and Fresh Fruit
- 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.