

Medina Primary 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	Macaroni Cheese with Garlic Bread	Beef Burger with Wedges	Roast Chicken served with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Wedges	MSC Breaded Fish with Chips
	Option 2	Soya Bolognese with Spaghetti	Quorn Burger with Wedges	Lentil & Tomato Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with Rice	Vegetable Pasty with Chips
	Vegetables	Peas Sweet Corn	Baked Beans Sweetcorn	Sliced Carrots Broccoli Florets	Carrot & Cucumber Sticks	Baked Beans Peas
	Packed Lunch Option	Cheese Bap, Crudities, Piece of Fruit and Oaty Cookie	Vegetarian Sausage Roll, Crudities, Piece of Fruit and Lemon Drizzle Cake	Cheese Sandwich, Crudities, Piece of Fruit and Vanilla Shortbread	Cheese & Tomato Pizza, Crudities, Piece of Fruit and Chocolate & Orange Cake	Tuna & Mayo Roll, Crudities, Piece of Fruit, Vanilla Shortbread
	Dessert	Oaty Cookie	Lemon Drizzle Cake	Vanilla Shortbread	Chocolate & Orange Cake	Vanilla Shortbread
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1	BBQ Chicken Pasta	Chicken Sausages with Wedges	Roast Turkey Served with Roast Potatoes & Gravy	Cheese & Tomato Pizza With Wedges	MSC Fish Fingers with Chips
	Option 2	Vegetable & Bean Fajitas with Rice	Vegan Mexican Roll with Wedges	Quorn Roast Fillet with Roast Potatoes & Gravy	Macaroni Cheese	Spanish Omelette with Chips
	Vegetables	Sweet Corn Broccoli	Peas Sweet Corn	Carrots Green Beans	Sweet Corn Carrots	Baked Beans Peas
	Packed Lunch Option	Cheese Bap, Crudities, Piece of Fruit, Chocolate & Beetroot Brownie	Vegetarian Sausage Roll, Crudities, Piece of Fruit, Marble Cake	Cheese Sandwich, Crudities, Piece of Fruit, Vanilla Shortbread	Cheese & Tomato Pizza, Crudities, Piece of Fruit, Apple Sponge	Tuna & Mayo Roll, Crudities, Piece of Fruit, Oaty Cookie
	Dessert	Chocolate & Beetroot Brownie	Marble Cake	Vanilla Shortbread	Apple Sponge	Oaty Cookie
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1	Spaghetti Bolognese	Chicken Fajitas With Wedges	Roast Chicken served with Roast Potatoes & Gravy	Cheese and Tomato Pizza with wedges	MSC Fish in Batter with Chips
	Option 2	Vegetable Risotto	Tomato and Vegetable Pasta	Vegetable Wellington with Roast Potatoes & Gravy	Soya Mince Lasagne with Garlic Bread	Cheese & Potato Wheel with Chips
	Vegetables	Sweet Corn Peas	Tomato & Onion Slaw Carrot Sticks	Carrot Cabbage	Carrots & Cucumber Sticks Sweet Corn	Baked Beans Peas
	Packed Lunch Option	Cheese Bap, Crudities, Piece of Fruit and Banana Chocolate Oaty Square	Vegetarian Sausage Roll, Crudities, Piece of Fruit Marble Cake	Cheese Sandwich, Crudities, Piece of Fruit and Biscuit	Cheese & Tomato Pizza, Crudities, Piece of Fruit and Orange Drizzle Cake	Tuna & Mayo Roll, Crudities, Piece of Fruit, and Vanilla Shortbread
	Dessert	Banana Chocolate Oaty Square	Marble Cake	Biscuit	Orange Drizzle Cake	Vanilla Shortbread

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.