

# St Marks Autumn Menu 2022

-  Added Plant Power
-  Vegan
-  Wholemeal **rriacy**

	Monday	Tuesday	Wednesday	Thursday		
<b>Week One</b> 5 Sept 26 Sept 17 Oct 14 Nov 5 Dec	Option 1	Spaghetti Bolognese	Chickpea Curry with Rice	Roast Chicken Skin on Potatoes and Gravy	BBQ Chicken with 50/50 Rice	Fish Fingers & Chips
	Option 2	Vegetable Bolognese	Creamy Vegetable Pie	Vegetable Wellington	Jollof Rice & Quorn	Tomato Pasta Bake
	Vegetables and Salad	Roast Winter Vegetable Mixed Bean Salad	Green Beans Sweetcorn Grated Carrot Salad	Carrots Broccoli Green Bean Salad	Cauliflower Sweetcorn Mixed Leaf Salad	Baked Beans Steamed Peas Rainbow Slaw
	Dessert	Mixed Berries Rice Pudding ( 50%Fruit )	Chocolate and Beetroot Brownie	Apple Cheese and Crackers	Peach Crumble with Custard	Yoghurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Two</b> 12 Sept 3 Oct 31 Oct 21 Nov 12 Dec	Option 1	Cheese & Tomato Pizza	Chicken Tikka Curry with Rice	Beef Cottage Pie	Chicken Jollof	Salmon Fish Cake and Chip
	Option 2	Peppers & Beans Frittata with Wedges	Sweet & Sour Butter Beans with 50/50 Rice	Chickpea & Vegetable Hotpot	Vegetable Enchilada	Puff Pastry Cheese & Pepper Whirl
	Vegetables and Salad	Sweetcorn Broccoli Tomato Penne Salad	Mixed Vegetable Sweetcorn Coleslaw	Green Bean Steamed Peas Sweet Potato Salad	Cauliflower Carrots Roasted Veg Salad	Baked Beans Green Beans Couscous Salad
	Dessert	Bananas & Chocolate Sauce	Blackberry Apple Crumble with Custard	Eves Pudding with Custard	Carrot Cake	Yogurt and Fresh Fruit Station
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Three</b> 19 Sept 10 Oct 7 Nov 28 Nov	Option 1	Macaroni Cheese	Spicy Chicken with 50/50 Rice	Roast Turkey Stuffing Skin on Potato Gravy	Beef Lasagne	Breaded Fish and Chips
	Option 2	Veggie Chilli	Lentil Shepherdess Pie	Lentil & Chickpea Loaf with Skin on Roast Potatoes Gravy	Lentil and Sweet Potato Curry with Rice	Mixed Vegetable Tortilla Stack & Chips
	Vegetables and Salad	Roasted Carrot Sliced Green Beans Beetroot Orange Salad	Broccoli Baked Beans Green Bean Salad	Cabbage Carrots Apple and Raisin Salad	Broccoli Cauliflower Tabbouleh Salad	Baked Beans Steamed Peas BBQ Noodle Salad
	Dessert	Sticky Toffee Apple Crumble with Custard	Pear and Chocolate upside Down cake with Chocolate Sauce	Melon Breadsticks and Cheese	Sultana Flapjack	Yoghurt and Fresh Fruit Station
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.