

NGCI & Dairy Free Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

Monday

Tuesday




Wednesday

Thursday

Friday






Week One

**30/08
20/09
11/10
08/11
29/11**

Option 1			Roast Chicken * Roast Potatoes and Gravy		NGCI Fish with Chips and Tomato Sauce
Option 2	Vegetable and Bean Fajitas with 50/50 Rice  	Vegan Sausage with Potato Wedges 		Jacket Potato with Baked Beans	
Vegetables	Green Beans Carrots	Baked Tomatoes Sweetcorn	Cauliflower Broccoli	Roasted Vegetables Sweetcorn	Baked Beans Garden Peas
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Mandarin Jelly	Fresh Fruit




Week Two

**06/09
27/09
18/10
15/11
06/12**

Option 1			Roast Pork * with Roast Potatoes and Gravy	Mediterranean Chicken Stew * with Rice  	NGCI Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with Rice 	Roasted Cauliflower Curry with Rice  	Roasted Quorn with Roast Potatoes and Gravy		
Vegetables	Sweetcorn Broccoli	Peppers Carrots	Carrots Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Week Three

**13/09
04/10
01/11
22/11
13/12**

Option 1			Roast Beef * with Roast Potatoes and Gravy		NGCI Fish with Chips and Tomato Sauce
Option 2	Vegan Meatballs in Tomato Sauce with Rice  	Jacket Potato with Baked Beans & Cheese		Vegetable Pasta Bake with NGCI Pasta (NO CHEESE)	BBQ Quorn with Chips
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mash Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit Salad 

Available Daily:
- Freshly cooked Jacket Potatoes with a choice of fillings (where advertised)
- 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.

*** HALAL OPTION AVAILABLE**