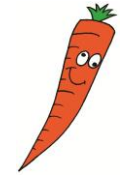


# Hot Lunch Menu Autumn 2020 (1<sup>st</sup> Half Term)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Ham & Tomato Pasta Bake (G,M,C)	Turkey Burger with Sauté Potatoes (G,S,O,M)	Roast Chicken with Roast Potatoes (G)	Savoury Minced Beef with Mashed Potato (C,M)	Cod Fishcake and Chips (G,F,M,Mu)
<b>Vegetarian</b>	Tomato, Basil & Mixed Bean Pasta Bake (G,M,C)	Vegetable Burger with Sauté Potatoes (G,C)	Ratatouille Crumble with Roast Potatoes (G,C,S,O,M)	Vegetable & Lentil Casserole with Mashed Potato (C,M)	Cheese & Potato Pie (M,S,O)
<b>Baked Potato &amp; Topping</b>	Tuna Mayonnaise (F,E)	Coleslaw (E)	Wholemeal Spaghetti Hoops (G)	Cheese (M)	Savoury Minced Beef (C)
<b>Vegetables</b>	Green Beans	Baked Beans	Mixed Vegetables	Baby Carrots	Peas
<b>Dessert</b>	Cherry Flapjack or Fresh Fruit (G,M,S)	Apple & Vanilla Sponge Pudding with Custard or Fresh Fruit (G,E,S,O,M)	Chocolate Delight or Fresh Fruit (M)	Carrot Cake or Fresh Fruit (G,E,S,O,M)	Sliced Peaches with Custard or Fresh Fruit (M,S,O)

Week one  
W/C



31<sup>st</sup> Aug  
21<sup>st</sup> Sept  
12<sup>th</sup> Oct

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Pork Sausages with Seasoned Wedges (G,S)	Beef Pasta Bolognese (G,C)	Roast Pork with Roast Potatoes (G)	Mild Chicken Curry with Wholegrain Rice (M,Mu,C)	Salmon Fish Fingers with Mashed Potato (F,G,M)
<b>Vegetarian</b>	Veggie Sausages with Seasoned Wedges (G,C)	Spinach & Ricotta Cannelloni (G,E,M,S,O)	Roasted Vegetable & Lentil Loaf with Roast Potatoes (M,G,S,O,E,C)	Sweet Potato & Chickpea Curry with Wholegrain Rice (M,Mu,C)	Veggie Fingers with Mashed Potato (G,M)
<b>Baked Potato &amp; Topping</b>	Baked Beans	Tuna & Mixed Pepper Mayonnaise (F,E)	Beef Bolognese (C)	Cheese (M)	Mild Chicken Curry (M,Mu,C)
<b>Vegetables</b>	Baked Beans	Sweetcorn	Broccoli	Green Beans	Peas
<b>Dessert</b>	Chocolate Brownie or Fresh Fruit (G,E,M)	Date & Banana Cake with Custard or Fresh Fruit (G,E,S,O,M)	Mandarin Jelly or Fresh Fruit	Lemon Shortbread or Fresh Fruit (G,M)	Natural Yoghurt with Fruit Cocktail or Fresh Fruit (M,S,O)

Week Two  
W/C



7<sup>th</sup> Sept  
28<sup>th</sup> Sept  
19<sup>th</sup> Oct

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Chicken & Sweetcorn Pasta Bake (G,M,S,O,C)	Beef Meatballs in a Tomato Sauce with Wholegrain Rice (G,E,S,O,C)	Roast Ham with Roast Potatoes (G)	Cheese Pizza with Seasoned Wedges (G,M)	Breaded Pollock Fingers with Herby Diced Potatoes (G,F)
<b>Vegetarian</b>	Cheese & Chive Pasta Bake (G,M,S,O,Mu)	Vegetable Risotto (M,C)	Roasted vegetable & Bean Moussaka with Roast Potatoes (G,S,O,C,M)	Mixed Vegetable Pizza with Seasoned Wedges (G,M)	Cheese & Onion Pasty with Herby Diced Potatoes (G,E,S,O,M)
<b>Baked Potato &amp; Topping</b>	Wholemeal Spaghetti Hoops (G)	Chicken & Sweetcorn Mayonnaise (E)	Tuna Mayonnaise (F,E)	Coleslaw (E)	Baked Beans
<b>Vegetables</b>	Baby Carrots	Green Beans	Peas & Sweetcorn	Mixed Salad	Baked Beans
<b>Dessert</b>	Buttercream Iced Lemon Cake or Fresh Fruit (G,E,S,O,M)	Mixed Fruit Crumble with Custard or Fresh Fruit (G,S,O,M)	Blackcurrant Cheesecake or Fresh Fruit (G,E,S,O,M)	Butterscotch Delight or Fresh Fruit (M)	Fruit Cookies or Fresh Fruit (G,E,S,O,M)

Week Three  
W/C



14<sup>th</sup> Sept  
5<sup>th</sup> Oct

**G** Contains Gluten, **M** Contains Milk, **F** Contains Fish, **E** Contains Egg, **C** Contains Celery, **S** Contains Sulphites, **Mu** Contains Mustard, **So** Contains Soya, **Se** Contains Sesame. None of our products contain Shellfish, Molluscs, Peanuts, Tree Nuts, or Lupin. Any questions or if you require the allergen key to be translated to Polish call: 01935 425447 or email [oaklandscatering@educ.somerset.gov.uk](mailto:oaklandscatering@educ.somerset.gov.uk) Salad bar, Fresh bread and water available with all meals. To ensure quality of dishes it may be necessary on occasions to offer a suitable alternative to those shown on the menu.