

Harmondsworth Autumn Menu 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1	Chinese Chicken Curry with Rice	Beef Burger with Wedges	Macaroni Cheese	Roast Chicken served with Roast Potatoes & Gravy	MSC Breaded Fish with Chips
	Option 2	Soya Chicken Curry with Rice	Quorn Burger with Wedges	Lentil & Sweet Potato Curry with 50/50 Rice	Lentil & Tomato Whirl with Roast Potatoes	Vegetable Pasty with Chips
	Vegetables	Cauliflower Broccoli	Rainbow Slaw Mixed Salad	Sweet Corn Baked Tomatoes	Carrots Broccoli	Baked Beans Peas
	Dessert	Mixed Fruit Crumble with Cream	Lemon Drizzle Cake	Chocolate & Orange Cake with Choc Sauce	Jelly	Ice Cream Fresh Fruit & Yoghurt

Week Two 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1	BBQ Chicken Pasta	Chicken Sausage Roll with Wedges	Chicken Fajitas With 50/50 Rice	Roast Turkey served with Roast Potatoes & Gravy	MSC Fish Fingers with Chips
	Option 2	Vegetable Tagine with Cous Cous	Vegan Mexican Roll with Wedges	Vegetable Bean Fajitas With 50/50 Rice	Quorn Roast Fillet served with Roast Potatoes & Gravy	Spanish Omelette with Chips
	Vegetables	Sweet Corn Broccoli	Peas Carrot & Beetroot Slaw	Roasted Vegetables	Carrots Green Beans	Baked Beans Peas
	Dessert	Chocolate & Beetroot Brownie	Iced Sponge	Apple Sponge & Custard	Flapjack	Ice Cream Fresh Fruit & Yoghurt

Week Three 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1	Chees & Tomato Pizza with Potato Salad	BBQ Chicken with Rice	Spaghetti Bolognaise	Roast Chicken & Stuffing served with Roast Potatoes & Gravy	MSC Fish in Batter with Chips
	Option 2	Vegetable Risotto	Tomato & Vegetable Pasta	Soya Bolognaise	Vegetable Wellington, Roast Potatoes & Gravy	Cheese & Potato Wheel with Chips
	Vegetables	Sweet Corn Peas	Tomato & Onion Slaw Carrot Sticks	Broccoli Sweet Corn	Carrot Cabbage	Baked Beans Peas
	Dessert	Banana Chocolate Oaty Square	Marble Cake & Custard	Jelly	Orange Drizzle Cake	Ice Cream Fresh Fruit & Yoghurt

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.