



THE KITCHEN



@ MEONCROSS
SCHOOL

AUTUMN / SPRING 1 TERM MENU

Our Catering Team, led by Chef Debbie, prepare all meals in-house from scratch, using quality, local (where possible), fresh ingredients.

Full allergen information is available on request from Chef Debbie, who is also more than happy to meet with parents to discuss any questions or concerns on all food related matters.

Whilst we do not bring whole nuts or ingredients with nuts into our kitchens, some products are subject to 'may contain' status in manufacturing. Dairy-free and Gluten-free options are available daily.

In addition to this menu, we offer a number of themed menus to celebrate holidays and seasonal events - details of which are posted on our social media and promoted around school.

Also in addition to the menu:
Freshly cooked jacket potatoes with a choice of fillings. Freshly baked bread. Salad bar. Fresh fruit and yoghurt.

All food is subject to availability and subject to change.

Meal deals and Street Food options are available every day for our Upper School pupils.





W/C: 9 Sept, 30 Sept, 11 Oct, 4 Nov, 25 Nov, 6 Jan, 27 Jan



WEEK 1

	MARVELLOUS MAINS 1	MARVELLOUS MAINS 2	ON THE SIDE	SWEET STUFF
Monday	Rich beef bolognese Orzo pasta	Campfire chilli Rice (ve) 🌱	Garlic slice (v) Seasonal vegetables (ve) 🌱	Raspberry fool (v)
Tuesday	Italian pizza slices (v) or Italian pizza slice (ve) 🌱	Thai green curry (v) Jasmine rice (ve) 🌱 Naan bread (v)	Baked potato wedges (v) Sweetcorn (ve) 🌱 Roasted vegetables (ve) 🌱	Courgette muffin (ve) 🌱
Wednesday	Turkey fillet & stuffing Yorkshire pudding (v) Gravy (v)	Classic quorn fillet (ve) 🌱 or Three-bean roast (v) Yorkshire pudding (v)	Crispy roasties (ve) 🌱 Creamed potato (ve) 🌱 Seasonal vegetables (ve) 🌱	Orange polenta cake (v)
Thursday	Pasta bar selection Creamy tomato sauce (v) Roasted vegetable sauce (ve) 🌱 Cheese & sweet pepper sauce (v)	Chickpea tagine (v) Bulgar wheat (v)	Soda bread (ve) 🌱 Naan bread (v) Seasonal vegetables (ve) 🌱	Pear crumble & custard (ve) 🌱
Friday	Indian-style sausage roll (ve) 🌱 or Brunch omelette (v)	Crispy crumb salmon fishcake 🐟 or Bacon & cheese slice	Chipped potatoes (ve) 🌱 Baked beans (ve) 🌱 Peas (ve) 🌱	Yoghurt & shortbread finger (ve) 🌱

We make every effort to identify ingredients that may cause allergic reactions. We have strict policies in place to avoid cross-contamination, however, there is always a risk. We cannot guarantee a total absence of these allergens in the foods we produce.



W/C: 16 Sept, 7 Oct, 11 Nov, 2 Dec, 13 Jan, 3 Feb

WEEK 2



MARVELLOUS MAINS 1

MARVELLOUS MAINS 2

ON THE SIDE

SWEET STUFF

Monday

Loaded Mexican-style
wedges (ve) 🌱

Succulent sausage in gravy
(v)

Parsley potatoes (ve) 🌱
Seasonal vegetables (ve) 🌱
Roasted butternut
squash (ve) 🌱

Orange oaty
slice (ve) 🌱

Tuesday

Pesto chicken bake
or
Golden pork & apple slice

Creole Jambalaya (ve) 🌱

Creamed potatoes (ve) 🌱
Sweetcorn (ve) 🌱
Peas (ve) 🌱

Eve's pudding
& custard (ve) 🌱

Wednesday

Classic macaroni cheese (v)

Sweet potato & chickpea
curry (v)
Jasmine rice (ve) 🌱

Garlic slice (v)
Chapati (v)
Seasonal vegetables (ve) 🌱

Butterscotch crunch (ve) 🌱

Thursday

Roast beef or chicken fillet
Yorkshire pudding (v)
Gravy (v)

Creamy sweetcorn
pot-pie (ve) 🌱

Crispy roasties (ve) 🌱
Creamed potatoes (ve) 🌱
Seasonal vegetables (ve) 🌱

Chocolate beetroot
muffin (ve) 🌱

Friday

Taco boat vegetable
quiche (v)
or
Crispy fingers (v)

Battered fish
of the day 🐟

Chipped potatoes (ve) 🌱
Peas (ve) 🌱
Baked beans (ve) 🌱

Raspberry ripple ice
cream (v)
Vanilla ice cream (ve) 🌱

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W/C: 23 Sept, 14 Oct, 4 Nov, 18 Nov, 9 Dec, 20 Jan, 10 Feb



WEEK 3

	MARVELLOUS MAINS 1	MARVELLOUS MAINS 2	ON THE SIDE	SWEET STUFF
Monday	<p>Mediterranean ragu (ve) 🌱 Wholewheat pasta (ve) 🌱</p>	<p>Teriyaki tofu stir-fry (ve) 🌱</p>	<p>Soda bread (ve) 🌱 Peas (ve) 🌱 Sweetcorn (ve) 🌱</p>	<p>Berry muffin (ve) 🌱</p>
Tuesday	<p>Roast gammon or chicken Yorkshire pudding (v) Gravy (v)</p>	<p>Crispy lentil roast (v) or Quorn roast (v) Yorkshire pudding (v)</p>	<p>Creamed potato (ve) 🌱 Crispy roasties (ve) 🌱 Seasonal vegetables (ve) 🌱</p>	<p>Cookie selection (v)</p>
Wednesday	<p>Orzo bake (v)</p>	<p>Italian meatballs (v) Taco boat (v)</p>	<p>Savoury rice (ve) 🌱 Roasted vegetables (ve) 🌱</p>	<p>Apple crumble & custard (ve) 🌱</p>
Thursday	<p>Shepherd's pie</p>	<p>Mexican burrito (v)</p>	<p>Crusty bread (v) Trio of vegetables (ve) 🌱</p>	<p>Chocolate brownie surprise (v)</p>
Friday	<p>French bread pizza (v) or Crispy dipper wrap (v)</p>	<p>Golden fish fingers 🐟</p>	<p>Chipped potatoes (ve) 🌱 Minted peas (ve) 🌱 Baked beans (ve) 🌱</p>	<p>Arctic roll (v) Yoghurt (v)</p>

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