










Autumn Menu 2021 Hopebrook

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 30/08/2021 20/09/2021 11/10/2021 08/11/2021 29/11/2021	Option 1	Vegetable and Bean Fajitas with Rice  	Sausage roll with ½ Baked potato	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Spaghetti Bolognese 	MSC Fishfingers/Salmon Fish Fingers with Chips and Tomato Sauce
	Option 2	Macaroni Cheese	Tomato, Lentil pasta bake 	Vegetable Wellington with Roast Potatoes and Gravy 	Vegetable sausage hotdog with Potato Wedges 	Cheese and Tomato French Bread Pizza with Chips
	Option 3	Jacket Potato with cheese	Tomato soup with filled baguette	Jacket Potato with tuna	Jacket Potato with cheese	Jacket Potato with baked beans
	Vegetables	Green Beans Carrots	Peas Sweetcorn	Cauliflower Savoy cabbage	Carrots Broccoli	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard 	Oaty Cookie 	Mandarin Jelly 	Pineapple Sponge	Apple, Cheese and Biscuits
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 2 06/09/2021 27/09/2021 18/10/2021 15/11/2021 06/12/2021	Option 1	Cheese and Tomato Pizza with New Potatoes	Sausage & Mash	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice  	MSC Fish in Batter with Chips and Tomato Sauce
	Option 2	Vegetable Tagine with Couscous  	Roasted Vegetable Curry  	Roasted Quorn with Roast Potatoes and Gravy	Vegetable Lasagne	Vegetable Pasty with Chips
	Option 3	Jacket Potato with cheese	Jacket Potato with baked beans	Jacket Potato with tuna	Tomato soup with ½ filled baguette	Jacket Potato with baked beans
	Vegetables	Peas Sweetcorn	Carrots Green beans	Broccoli Carrots	Sweetcorn Savoy Cabbage	Baked Beans Garden Peas
	Dessert	Fruit Crumble with Custard 	Lemon Drizzle Cake	Chocolate Shortbread 	Peach Pudding with Custard	Apple Flapjack  
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 3 13/09/2021 04/10/2021 01/11/2021 22/11/2021 13/12/2021	Option 1	Quorn sausage Hotdog	Beef burger in a bun	Roast Gammon with Roast Potatoes and Gravy	Chicken, Pie with Mashed Potatoes 	MSC Fishfingers with Chips and Tomato Sauce
	Option 2	Veggie Meatballs in Tomato Sauce with Rice  	Shepherdess Pie 	Mixed Vegetable Loaf with Roast Potatoes and Gravy 	Vegetable Pasta Bake	BBQ Quorn with Chips
	Option 3	Jacket Potato with cheese	Tomato Soup with filled Baguette	Jacket Potato with tuna	Jacket Potato with cheese	Jacket Potato with baked beans
	Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Swede Broccoli	Green Beans Cauliflower	Baked Beans Garden Peas
	Dessert	Eves Pudding with Custard	Vanilla sponge with chocolate sauce	Fruity Shortbread 	Pear and Chocolate crumble and Custard	Iced Sponge
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.