

West Kidlington WHF Autumn Menu 2021

Monday










Tuesday

Wednesday

Thursday








Friday

**30 August
20 Sept
11 Oct
8 Nov
29 Nov**

Option 1	Macaroni Cheese	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	MSC Fishfingers/ Salmon Fish Fingers with Chips
Option 2	Soya Spaghetti Bolognaise 	Vegan Sausage Hot Dog with Potato Wedges 	Vegetable Wellington with Roast Potatoes and Gravy 	Tomato and Lentil Pasta with Garlic Bread 	Broccoli and Cheese Pasta Bake
Option 3	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna
Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard or Fruit or Yoghurt 	Chocolate and Mandarin Brownie, or Fruit or Yoghurt 	Iced Bun or Fruit or Yoghurt	Apple, Cheese and Biscuits or Fruit or Yoghurt	Oaty Cookie or Fruit or Yoghurt  







Week Two

**6 Sept
27 Sept
18 Oct
15 Nov
6 Dec**

Option 1	Cheese and Tomato Pizza New Potatoes 	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Mediterranean Chicken Stew with Rice  	MSC Breaded Fish with Chips
Option 2	Vegetable Hotpot 	Potato and Courgette Stack	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips 
Option 3	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna
Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard or Fruit or Yoghurt 	Chocolate Shortbread or Fruit or Yoghurt 	Lemon and Cucumber Sponge or Fruit or Yoghurt	Peach Upside Down Cake or Fruit or Yoghurt	Apple Flapjack or Fruit or Yoghurt

Week Three

**13 Sept
4 Oct
1 Nov
22 Nov
13 Dec**

Option 1	Vegetarian Tortilla Stack with Rice 	Sausage Roll with Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken, Lentil and Gravy Pie with Mashed Potatoes 	MSC Fish in Batter with Chips
Option 2	Vegan Meatballs in Tomato Sauce with Rice  	Shepherdess Pie with Gravy 	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake	BBQ Quorn with Chips
Option 3	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna
Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Cauliflower 	Baked Beans Garden Peas
Dessert	Rice Pudding with Mixed Berries or Fruit or Yoghurt	Chocolate Sponge with Chocolate Sauce or Fruit or Yoghurt	Fruity Shortbread or Fruit or Yoghurt	Apple Sponge and Custard or Fruit or Yoghurt	Pinwheel Cookie or Fruit or Yoghurt 

-  Added Plant Power
-  Vegan
-  Wholemeal

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.