

# Castledown School Autumn/Winter Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday











### WK 1

30<sup>th</sup> Aug  
20<sup>th</sup> Sept  
11 Oct  
8<sup>th</sup> Nov  
29<sup>th</sup> Nov  
3<sup>rd</sup> Jan  
24<sup>th</sup> Jan 21<sup>st</sup>  
Feb 14  
March

Option 1	Macaroni Cheese	Beef Burger In Bun with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Minced Beef Pie with Gravy & Crushed Potatoes	MSC Battered Fish with Chips and Tomato Sauce
Option 2	Vegetable and Bean Fajitas with 50/50 Rice  	Quorn Burger In Bun with Potato Wedges	Homity Pie with Roast Potatoes and Gravy	Tomato and Lentil Pasta with Garlic Bread 	Cumberland Quorn Sausage with Chips 
Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Mixed Vegetable Medley	Broccoli Sweetcorn	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard 	Mandarin Segments With Jelly 	Apple, Cheese and Biscuits	Eves Pudding and Custard	Fresh Fruit or Yoghurt





### WK 2

6<sup>th</sup> Sept  
27<sup>th</sup> Sept  
18<sup>th</sup> Sept  
15<sup>th</sup> Nov  
6<sup>th</sup> Dec  
10<sup>th</sup> Jan  
31<sup>st</sup> Jan  
28<sup>th</sup> Feb  
21 March

Option 1	Cheese and Tomato Pizza with New Potatoes 	Macaroni Beef Pasta Bake	Roast Beef with Roast Potatoes and Gravy	Mediterranean Chicken (chicken In Tomato Sauce) with Rice  	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Tuna Pasta Bake	Roasted Cauliflower Curry with Rice  	Vegetable Wellington with Roast Potatoes and Gravy 	Vegetarian Lasagne	BBQ Quorn with Chips
Vegetables	Green Beans Baked Beans	Sweetcorn Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard 	Chocolate Shortbread 	Apple Flapjack  	Peach Upside Down Cake & Cream	Fresh Fruit or Yoghurt

### WK 3

13<sup>th</sup> Sept  
4<sup>th</sup> Oct  
1<sup>st</sup> Nov  
22 Nov  
13 Dec  
17<sup>th</sup> Jan  
7<sup>th</sup> Feb 7<sup>th</sup>  
March  
28 March

Option 1	Vegetarian Tortilla Stack with Rice 	Sausage Roll with Tomato Sauce served with Wedges	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips and Tomato Sauce
Option 2	Devil's Kitchen Meatballs in Tomato Sauce with Pasta  	Shepherdess Pie with Gravy 	Roasted Quorn Fillet with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake With Garlic Bread   	Cheese & Tomato Wholemeal Quiche with Chips 
Vegetables	Carrots Sweetcorn	Garden Peas Cauliflower	Mixed Vegetable Medley	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Oaty Cookie  	Chocolate Sponge with Chocolate Sauce	Ice Cream & Peaches / Vanilla Shortbread & Peaches for Serverys	Rice Pudding with Mixed Berries	Fresh Fruit or Yoghurt

#### Available Daily:

Freshly cooked jacket potatoes with a choice of fillings (where advertised)

**Freshly Made Hot Baguette option**  
Tues/Thursday

Homemade Bread  
Fresh Fruit  
Salad Selection  
Yoghurt

**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.