

Lowbrook Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

Monday

Tuesday






Wednesday

Thursday

Friday












Week One

30/08/2021
20/09/2021
11/10/2021
08/11/2021
29/11/2021

Option 1	Macaroni Cheese	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	MSC Fishfingers with Chips and Tomato Sauce
Option 2	Vegetable and Bean Fajitas with 50/50 Rice	Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Tomato and Lentil Pasta with Garlic Bread	Homity Pie with Chips (Potato ,Spinach and Cheese Tart) with Chips
Vegetables	Green Beans Carrots	Peppers Sweetcorn 	Cauliflower Broccoli 	Roasted Mixed Vegetables 	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard 	Mandarin Jelly	Lemon Cake	Apple, Cheese and Biscuits	Oaty Cookie







Week Two

06/09/2021
27/09/2021
18/10/2021
15/11/2021
06/12/2021

Option 1	Cheese and Tomato Pizza with New Potatoes 	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Mediterranean Chicken Stew with Rice  	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with Couscous 	Roasted Cauliflower Curry with Rice  	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips 
Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard 	Chocolate Shortbread 	Fruit and Yoghurt Station	Peach Upside Down Cake	Flapjack  

Week Three

13/09/2021
04/10/2021
01/11/2021
22/11/2021
13/12/2021

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

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.