

# Shaw WHF Autumn Menu 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

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	Oaty Cookie or Fruit or Yoghurt	Apple, Cheese and Biscuits 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	Cheese and Red Pepper Whirl with New Potatoes	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



**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.