

Keys Academy Autumn Menu 2021

Monday











Tuesday

Wednesday










Thursday

Friday







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

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|------------|---|--|--|---|--|
| Option 1 | Vegetable and Bean Fajitas with 50/50 Rice  | Beef Burger with Potato Wedges | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Beef Lasagne with Garlic Bread  | MSC Fish Fingers with Chips and Tomato Sauce |
| Option 2 |  Macaroni Cheese  | Vegan Hot Dog with Potato Wedges  | Vegetable Wellington with Roast Potatoes and Gravy  | Tomato and Lentil Pasta with Garlic Bread  | Homity Pie with Chips |
| Vegetables | Green Beans Carrots | Coleslaw Sweet Corn | Cauliflower Broccoli | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| Dessert | Sticky Toffee Apple Crumble with Custard  | Mandarin Jelly  | Fruit and Yoghurt Station | Oaty Cookie  | Apple, Cheese and Biscuits |

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

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|------------|---|---|---|--|--|
| 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 | Sweet Corn Broccoli | Baked Beans Garden Peas |
| Dessert | Pear Crumble with Custard  | Chocolate Shortbread  | Fruit and Yoghurt Station | Peach Upside Down Cake | Apple Flapjack  |

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

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|------------|---|--|--|--|--|
| Option 1 | Vegetarian Tortilla Stack 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 |  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 |
| Vegetables | Broccoli Sweet Corn | 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.