

**Bracknell Forest Council
Autumn Menu 2020**



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1 Homemade Macaroni Cheese & Garlic Slice	Cottage Pie with Gravy	Roast Chicken served with Roast Potatoes & Gravy	Plant Based Chicken Curry with 50/50 Rice	MSC Breaded Fish with Chips
	Option 2 Soya Bolognese with Spaghetti	Shepherdess Pie with Gravy	Vegetable Wellington with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice	Homemade Vegetable Pasty with Chips
	Vegetables Coleslaw Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
	Dessert Mixed Fruit Crumble with Cream	Lemon Drizzle Cake	Apple, Cheese & Biscuits	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily					
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1 Mediterranean Vegetable Pasta Bake	Chicken Fajitas with 50/50 Rice	Roast Pork, Roast Potatoes & Gravy	Homemade BBQ Chicken Pasta	MSC Fish Fingers/ Salmon Fish Fingers with Chips
	Option 2 Vegetable Tagine with Couscous	Vegetable & Bean Fajitas with 50/50 Rice	Quorn Roast Fillet with Roast Potatoes & Gravy	Wholemeal French Bread Pizza with Baked Wedges	Vegan Mexican Roll with Chips
	Vegetables Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudités	Baked Beans Peas
	Dessert Chocolate & Beetroot Brownie	Apple Sponge & Custard	Carrot & Courgette Cake	Iced Sponge	Spanish Cookie
Or a choice of Yoghurt & Fresh Fruit available daily					
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1 Cheese & Tomato Pizza with Baked Wedges	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Lasagne with Garlic Slice	MSC Fish in Batter with Chips
	Option 2 Vegetable Risotto	Cheese Tomato & Vegetable Pasta	Lentil & Tomato Whirl with Roast Potatoes	Soya Mince Lasagne with Garlic Bread	Cheese & Potato Wheel with Chips
	Vegetables Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert Banana Chocolate Oaty Square	Marble Cake & Custard	Fruit & Ice Cream	Orange Drizzle Cake	Apple & Raisin Flapjack
Or a choice of Yoghurt & Fresh Fruit available daily					


Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
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Bracknell Forest Council Packed Lunch Autumn Menu 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese Salad Sandwich Or Tuna Salad Sandwich	Tuna & Sweet Corn Wrap Or Cheese & Cucumber Wrap	Cheese & Tomato Baguette Or Ham & Tomato Baguette	Ham & Tomato Wrap Or Cheese & Cucumber Wrap	Cheese & Tomato Sandwich Or Ham sandwich
31/08/2020					
21/09/2020	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
12/10/2020					
09/11/2020	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
30/11/2020					
	Vanilla Shortbread	Lemon Drizzle Cake	Apple and Raisin Flapjack	Chocolate and Orange Cake	Vanilla Shortbread
Week 2	Tuna Salad Sandwich Or Cheese Sandwich	Ham Sandwich Or Cheese & Tomato Sandwich	Ham Wrap Or Cheese & Cumber Wrap	Tuna Sandwich Or Cheese Baguette	Cheese Salad Sandwich Or Ham Sandwich
07/09/2020					
28/09/2020	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
19/10/2020					
16/11/2020	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
07/12/2020					
	Chocolate and Beetroot Brownie	Vanilla Shortbread	Carrot and Courgette Bake	Iced Sponge	Spanish Cookie
Week 3	Ham Salad Sandwich Or Cheese Salad Sandwich	Tuna Sweet Corn Baguette Or Cheese Salad Baguette	Egg Mayonnaise & Tomato Sandwich Or Ham Sandwich	Ham Baguette Or Cheese Baguette	Cheese Salad Sandwich Or Ham Sandwich
14/09/2020					
05/10/2020	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
02/11/2020					
23/11/2020	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
14/12/2020					
	Banana and Chocolate Oaty Square	Marble Cake	Vanilla Shortbread	Orange Drizzle Cake	Apple and Raisin Flapjack

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hot Dog Or Tuna Salad Sandwich	Margherita Pizza Or Cheese & Cucumber Wrap	Lentil & Tomato Whirl Or Ham & Tomato Baguette	Vegan Mexican Roll Or Cheese & Cucumber Wrap	Fish Fingers & Chips Or Cheese Sandwich
31/08/2020	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
21/09/2020	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
12/10/2020	Vanilla Shortbread	Lemon Drizzle Cake	Apple and Raisin Flapjack	Chocolate and Orange Cake	Vanilla Shortbread
09/11/2020					
30/11/2020					
Week 2	Cheese & Ham Puff Or Cheese Sandwich	French Bread Pizza Or Cheese & Tomato Sandwich	Roasted Vegetable Pasta Pot Or Cheese & Cumber Wrap	Burger in a Bun Or Cheese Baguette	Fish Fingers & Chips Or Ham Sandwich
07/09/2020	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
28/09/2020	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
19/10/2020	Chocolate and Beetroot Brownie	Vanilla Shortbread	Carrot and Courgette Bake	Iced Sponge	Spanish Cookie
16/11/2020					
07/12/2020					
Week 3	Quorn Burger Or Ham Salad Sandwich	Margherita Pizza Or Cheese Salad Baguette	Vegetable Pasty Or Ham Sandwich	Pasta pot with Cheese and Tomato Or Cheese Baguette	Fish Fingers & Chips Or Ham Sandwich
14/09/2020	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks	Vegetable Sticks
05/10/2020	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
02/11/2020	Banana and Chocolate Oaty Square	Marble Cake	Vanilla Shortbread	Orange Drizzle Cake	Apple and Raisin Flapjack
23/11/2020					
14/12/2020					

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1  Homemade Macaroni Cheese	Cottage Pie with Gravy 	Roast Chicken served with Roast Potatoes & Gravy 	Plant Based Chicken Curry with 50/50 Rice 	MSC Breaded Fish with Chips
	Option 2  Soya Bolognese with Spaghetti	Shepherdess Pie with Gravy	Vegetable Wellington with Roast Potatoes & Gravy 	Lentil & Sweet Potato Curry with 50/50 Rice  	Homemade Vegetable Pasty with Chips 
	Vegetables Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
	Dessert Mixed Fruit Crumble with Cream 	Fresh Fruit	Apple, Cheese & Biscuits	Fresh Fruit	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily					
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1  Mediterranean Vegetable Pasta Bake	Chicken Fajitas with 50/50 Rice  	Roast Pork, Roast Potatoes & Gravy	Homemade BBQ Chicken Pasta	MSC Fish Fingers/ Salmon Fish Fingers with Chips
	Option 2  Vegetable Tagine with Couscous	Vegetable & Bean Fajitas with 50/50 Rice 	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Vegan Mexican Roll with Chips 
	Vegetables Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudités	Baked Beans Peas
	Dessert Fresh Fruit	Fresh Fruit Platter	Fresh Fruit	Fresh Fruit Platter	Spanish Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily					
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1  Jacket Potato with a choice of fillings	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Lasagne	MSC Fish in Batter with Chips
	Option 2  Vegetable Risotto	Cheese Tomato & Vegetable Pasta 	Lentil & Tomato Whirl with Roast Potatoes 	Soya Mince Lasagne 	Cheese & Potato Wheel with Chips
	Vegetables Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert Banana Chocolate Oaty Square  	Fresh Fruit Platter	Fruit & Ice Cream	Fresh Fruit Platter	Apple & Raisin Flapjack
Or a choice of Yoghurt & Fresh Fruit available daily					

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1 Jacket Potato with a choice of filling 	Cottage Pie with Gravy	Roast Chicken served with Roast Potatoes & Gravy	Plant Based Chicken Curry with 50/50 Rice NO YOGHURT	MSC Breaded Fish with Chips	
	Option 2	Soya Bolognese with Spaghetti	Shepherdess Pie with Gravy	Vegetable Wellington with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice	Homemade Vegetable Pasty with Chips
	Vegetables	Coleslaw Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
	Dessert	Mixed Fruit Crumble	Lemon Drizzle Cake	Fresh Fruit	Chocolate & Orange Cake	Vanilla Shortbread
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1 Mediterranean Vegetable Pasta Bake – NO CHEESE 	Chicken Fajitas with 50/50 Rice	Roast Pork, Roast Potatoes & Gravy	Homemade BBQ Chicken Pasta NO CHEESE	MSC Fish Fingers with Chips	
	Option 2	Vegetable Tagine with Couscous	Vegetable & Bean Fajitas with 50/50 Rice	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Vegan Mexican Roll with Chips
	Vegetables	Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudités	Baked Beans Peas
	Dessert	Chocolate & Beetroot Brownie	Apple Sponge	Carrot & Courgette Cake	Iced Sponge	Spanish Cookie
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1 Jacket Potato with a choice of filling 	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & Gravy	Plant Based Beef Bolognese	MSC Fish in Batter with Chips	
	Option 2	Vegetable Risotto	Tomato & Vegetable Pasta NO CHEESE	Lentil & Tomato Whirl with Roast Potatoes	Soya Mince Bolognese	Jacket Potato with a choice of filling
	Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Banana Chocolate Oaty Square	Marble Cake	Fresh Fruit	Orange Drizzle Cake	Apple & Raisin Flapjack

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One Commencing 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1 Homemade NGCI Macaroni Cheese	Cottage Pie With NGCI Gravy	Roast Chicken served with Roast Potatoes & NGCI Gravy	Plant Based Chicken Curry with 50/50 Rice	MSC Bubble Fish with Chips	
	Option 2	Soya Bolognaise with NGCI Spaghetti	Shepherdess Pie with Gravy	Lentil & Sweet Potato Curry with 50/50 Rice		
	Vegetables	Coleslaw Mixed Salad	Carrots Broccoli	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
	Dessert	Mixed Fruit NGCI Crumble with Cream	NGCI Lemon Drizzle Cake	Fruit Platter	NGCI Chocolate & Orange Cake	NGCI Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two Commencing 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1 Mediterranean NGCI Vegetable Pasta Bake	Chicken Mix with 50/50 Rice	Roast Pork, Roast Potatoes & NGCI Gravy	Homemade BBQ Chicken Pasta	MSC Bubble Fish with Chips	
	Option 2	Vegetable Tagine with Couscous	Vegetable & Bean Mix with 50/50 Rice	Quorn Roast Fillet with Roast Potatoes & NGCI Gravy	NGCI Pizza with Baked Wedges	
	Vegetables	Sweet Corn Broccoli	Roasted Vegetables	Carrots Beans	Green Salad Crudités	Baked Beans Peas
	Dessert	NGCI Chocolate & Beetroot Brownie	NGCI Apple Sponge & Custard	NGCI Carrot & Courgette Cake	NGCI Iced Sponge	NGCI Spanish Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three Commencing 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1 Cheese & Tomato NGCI Pizza with Baked Wedges	Homemade Jollof Rice with Chicken	Roast Turkey, Roast Potatoes & NGCI Gravy	Plant Based Beef Bolognaise with NGCI Pasta	MSC Bubble Fish with Chips	
	Option 2	Vegetable Risotto	Cheese Tomato & Vegetable NGCI Pasta	Jacket Potato with a choice of fillings	Soya Mince Bolognaise with NGCI Pasta	Jacket Potato with a choice of fillings
	Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Fresh Fruit Platter	NGCI Marble Cake	Fruit & Ice Cream	NGCI Orange Drizzle Cake	Fresh Fruit
Or a choice of Yoghurt & Fresh Fruit available daily						

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