Autograph
FED BY ENTHUSIASM

Autumn/Winter Menu 2021/22

with The Greens

FOOD FARM

MEAT FREE MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 – 1/11/2021, 22/11/2021, 13/12/2021, 17/01/2022, 07/02/2022, 07/03/2022, 28/03/2022				
Roasted Vegetable Pasta Bake	Chicken and Sweetcorn Pie with Mashed Potatoes	Roast Gammon with Roasted Potatoes and Gravy	Cheesy Beef Bolognaise Pasta Bake	Fish Fingers with Tomato Sauce and Chips
Cheesy Courgette Sausages with New Potatoes	Vegetable Bolognaise with Pasta Twists VE	Shepherdess Pie VE	Jacket Potato with a choice of fillings	Cheese and Tomato Quiche with Chips
Cheese and Tomato Baguette	Egg Salad Baguette	Tuna and Cucumber Baguette	Chicken Salad Baguette	Cheese Salad Baguette
Sweetcorn and Green Beans	Broccoli and Swede	Cabbage and Carrot	Cauliflower and Roasted Vegetables	Garden Peas and Baked Beans
Toffee Apple Crumble and Custard	Chocolate Sponge and Chocolate Sauce	Butterscotch Cookie with Fruit Slices	Fruity Jelly with Ice Cream	Fruity Flapjack
WEEK 2 – 8/11/21, 29/11/2021, 03/01/2022, 24/01/2022, 14/02/2021, 14/03/2022, 04/04/2022				
Macaroni Cheese	Chicken and Sweetcorn Pizza	Roast Beef with Roast Potatoes and Gravy	BBQ Chicken with Rice	Breaded Fish Fillet with Tomato Sauce and Chips
Veggie Sausage Puff with New Potatoes VE	Falafal Wrap with Jacket Wedges	Creamy Vegetable Crumble	Jacket Potato with a choice of fillings	Cheese and Onion Pasty with Chips
Tuna and Cucumber Baguette	Cheese and Cucumber Baguette	Chicken Salad Baguette	Cheese Salad Baguette	Egg and Tomato Baguette
Green Beans and Crunchy Coleslaw	Carrots and Swede	Cabbage and Parsnips	Sweetcorn and Broccoli	Garden Peas and Baked Beans
Pineapple Cake and Custard	Carrot Cake and Custard	Vanilla Shortbread	Strawberry Jelly with Mandarins	Coconut Melting Moment with Pineapple
WEEK 3 – 15/11/21, 06/12/2021, 10/01/2022, 31/01/2022, 28/02/2022, 21/03/2022				
Cheese and Tomato Pizza	Beef Burger in a Soft Bun with Jacket Wedges	Roast Chicken with Stuffing and Roast Potatoes	Chicken Curry with Rice	Fish Fingers or Salmon Fish Fingers with Tomato Sauce and Chips
Vegetable Hot Dog served with Tomato Sauce and a half Jacket Potato VE	Vegetable Chilli with Rice VE	Vegetable Pasty with Roast Potatoes and Gravy	Jacket Potato with a choice of fillings	Cheese Quiche with Chips
Egg Salad Baguette	Coronation Chicken Baguette	Cheese and Tomato Baguette	Tuna and Sweetcorn Baguette	Cheese Salad Baguette
Sweetcorn and Roasted Vegetables	Green Beans and Broccoli	Swede and Cabbage	Carrots and Cauliflower	Garden Peas and Baked Beans
Pear and Chocolate Cake with Custard	Sticky Toffee Pudding with Custard	Vanilla Muffin with Fruit Slices	Fruity Jelly with Ice Cream	Custard Biscuit

Served Daily Freshly Baked Bread | Seasonal Vegetables/Salads | Fresh Fruit | EasiYo Yoghurt

AUTOGRAPH Peas Please WINNER 2020 VEG-O-METER PRIZE

Look out for the VE symbol on our menu for some tasty vegan options.

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal!)

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all **Reception**, **Year 1** and **Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. **However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!**

FREE SCHOOL MEALS- LOW INCOME

Are you missing out? To check free school meal entitlement please contact your school office.

FOOD ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerances can enjoy school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office.

Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

A WORD FROM YOUR LOCAL TEAM

We are very proud of the freshly produced quality food that we feed your children, these lunches will help your children with their social skills and expand their tastes.

If you have any feedback on the menus or ideas for new recipes please let us know.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact **catering.helpdesk@mitie.com**

FREE SCHOOL MEAL PARCELS AND VOUCHERS

If you need more information about our food parcels, or if your school provides vouchers; and you'd like support on how to spend them, then please get in touch with us via your school or view our supporting documents online - **www.autographfood.co.uk/place/environments/education**

mitie | Peas Please Pledger | Good Egg Award | Free Range | Food For Life Bronze Served Here Soil Association

Autumn/Winter 2021/22 – Cornwall Penryn