

## 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

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

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

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.