

**Merton 2022 Autumn  
Morden**

-  Added Plant Power
-  Vegan
-  Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>  12 <sup>th</sup> Sept 3 <sup>rd</sup> Oct	<b>Main choice</b>	Baguette Packed Lunch. Choice of Tuna & sweetcorn, Cheese or Jam.	Beef Burger In A Bun with Potato Wedges	Roast Chicken, Roast Potatoes & Gravy	Baguette Packed Lunch. Choice of Tuna & sweetcorn, Cheese or Jam	Breaded Fish with Chips & Tomato Sauce
	<b>Vegetarians Only</b>		Spicy Bean Burger In A Bun with Potato Wedges	Vegetable Pasty with Roast Potatoes and Gravy		Vegan Mexican Roll with Chips & Tomato Sauce
	<b>Vegetables</b>	Salad Sticks	Peas Mixed Peppers	Red Cabbage Broccoli	Salad Sticks	Mushy Peas Baked Beans
	<b>Dessert</b>	Fruits & Yoghurt	Carrot & Courgette Cake	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Two</b>  19 <sup>th</sup> Sep 10 <sup>th</sup> Oct	<b>Main choice</b>	Baguette Packed Lunch. Choice of Tuna & sweetcorn, Cheese or Jam.	Spaghetti Bolognese	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Baguette Packed Lunch. Choice of Tuna & sweetcorn, Cheese or Jam	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	<b>Vegetarians Only</b>		Vegan Spaghetti Bolognese	Vegan Mediterranean Gratin with Roast Potatoes		Cheese & Pepper Whirl with Chips
	<b>Vegetables</b>	Salad Sticks	Mixed Peppers Green Beans	Roasted Carrots Peas	Salad sticks	Peas Baked Beans
	<b>Dessert</b>	Fruits & Yoghurts	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Three</b>  5 <sup>th</sup> Sep 26 <sup>th</sup> Sep 17 <sup>th</sup> Oct	<b>Main choice</b>	Baguette Packed Lunch. Choice of Tuna & sweetcorn, Cheese or Jam.	Chicken Fajitas with Rice	Roast Turkey, Roast Potatoes & Gravy	Baguette Packed Lunch. Choice of Tuna & sweetcorn, Cheese or Jam	Fish Fingers with Chips & Tomato Sauce
	<b>Vegetarians Only</b>		Vegetable Enchiladas with Rice	Lenfil & Basil Puff Pastry, Roast Potatoes & Gravy		Cheese and Bean Puff with Chips
	<b>Vegetables</b>	Salad Sticks	Roasted Summer Vegetables	Carrots Broccoli	Salad sticks	Peas Baked Beans
	<b>Dessert</b>	Fruits & Yoghurt	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Ice Cream or Yoghurt	Chocolate Shortbread
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:**  
If you would like to know about particular allergens in foods 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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.