

Spring/ Summer Menu 2022 Option A

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two	Option 1	Macaroni Cheese	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice 	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognese 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 	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						
Week Three	Option 1	Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice  	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Cheese & Tomato Pizza 	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	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.