












**Spring/ Summer Menu 2022**

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

|  | Monday     | Tuesday  | Wednesday  | Thursday   | Friday  |  |
|--|------------|--|--|--|---|--|
| <b>Week One</b>                                      | Option 1   | Tomato & Vegetable Pasta  | Jerk Chicken with Rice    | Roast Gammon, Roast Potatoes & Gravy   | Chinese Chicken Curry with Rice   | Breaded Fish with Chips & Tomato Sauce   |
|  | Option 2   | Cheese & tomato Quiche 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 |            |  |  |  |   |  |

|  |            |   |   |  |  |   |
|--|------------|---|---|--|--|---|
| <b>Week Two</b>                                      | Option 1   | Macaroni Cheese   | Spaghetti Bolognese        | Roast Chicken, Roast Potatoes, Stuffing & Gravy  | Beef Burger in a bun with Wedges & Tomato Sauce  | 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 |            |   |   |  |  |   |

|  |            |  |   |  |  |  |
|--|------------|--|---|--|--|--|
| <b>Week Three</b>                                    | 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   | Creamy Vegetable Pie, 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.