



"Walking with Jesus to be the best we can be"

<b>MONTH</b>	<b>Week 1 - Yellow</b>
	<b>Week 2 - Blue</b>
	<b>Week 3 - Green</b>
	<b>School Holiday</b>
	<b>Public Holiday</b>



# SCHOOL MENUS

## Summer Term 2020

### Emergency care



<b>APRIL</b>	M	6	13	20	27
	Tu	7	14	21	28
	W	8	15	22	29
	Th	9	16	23	30
	F	10	17	24	

<b>MAY</b>	M		4	11	18	25
	Tu		5	12	19	26
	W		6	13	20	27
	Th		7	14	21	28
	F	1	8	15	22	29

<b>JUNE</b>	M	1	8	15	22	29
	Tu	2	9	16	23	30
	W	3	10	17	24	
	Th	4	11	18	25	
	F	5	12	19	26	

<b>JULY</b>	M		6	13	20
	Tu		7	14	21
	W	1	8	15	22
	Th	2	9	16	23
	F	3	10	17	24

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1:	Cheesy pasta & peas (v)	2, 4, 7	Beef chilli served with potato wedges	2, 4, 7	Chicken strips in a BBQ sauce with rice	1, 2, 7, 13	Roast pork, apple sauce & gravy with roast potatoes	1, 4, 7, 13	Sausage & chips	2
Option 2:	Sweet potato and lentil curry with brown/white rice (v)	1, 2	Crumbed vegetable burger (with ketchup) served in a bap (v)	2, 4, 7	Quorn pizza roll (v)	2, 4, 7	Lentil roast, apple sauce & gravy with roast potatoes (v)	1, 4, 7, 13	Vegetarian sausage & chips (v)	2
Jacket:	Jacket potato with beans (v)		Jacket potato with chicken mayo & sweetcorn	4	Jacket potato with mild curry sauce (v)	2, 7	Jacket potato with a cheese topping (v)	7	Jacket potato with egg mayo (v)	4
Vegetables:	Roasted vegetable medley		Sweetcorn		Peas / carrots		Fresh seasonal vegetables		Salad sticks	
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal bread	2	Wholemeal bread	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Sticky toffee pudding	2, 4	Fruit muffin (50g)	2, 4, 7	Coconut shortcake	2, 4	Jelly, fruit & cream	7	Cocoa krispie	7
Dessert option 2:	Organic yoghurt or melon slices	7	Thick & creamy yoghurt or melon / strawberries	7	Organic yoghurt or fruit salad	7	Yoghurt or whole fruit	7	Organic yoghurt or fruit salad	7

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1:	Homemade chicken curry served with brown/white rice	2, 7	Beef bolognese served with garlic bread	2, 7	Macaroni cheese & crusty slice (v)	2, 7	Roast chicken, roast potatoes, stuffing & gravy	1, 2, 7, 13	Fish portion & chips	2, 5
Option 2:	Homemade vegetarian pasta bolognese (v)	2	Roasted vegetable cous cous (v)	2	Tortilla layer (v)	2, 7, 13	Cheese wheels & roast potatoes (v)	2, 7	Quorn sausage & chips (v)	2, 4
Jacket:	Jacket potato with tuna mayo	4, 5	Jacket potato with curry sauce (v)		Jacket potato with beans (v)		Jacket potato with bolognese sauce	2, 7	Jacket potato with coronation chicken	
Vegetables:	Peas		Sliced carrots		Sweetcorn / green beans		Seasonal fresh vegetables		Salad	
Bread:	Wholemeal slice	2	Wholemeal slice	2	Crusty slice	2	White / brown slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Fruit flapjack & cream	2, 7	Shortcake & fruit squash	2	Fruit muffins	2, 7	Ice cream & fruit sauce	7	Cocoa krispie	2, 7
Dessert option 2:	Fruit yoghurt or fruit salad	7	Yoghurt or melon slices	7	Yoghurt or fruit salad	7	Yoghurt or whole fruit	7	Yoghurt or whole fruit	7

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1:	Pasta & choice of toppings: cheese, tuna mayo or tomato & basil	2, 5, 7	Chicken & roasted vegetable cous cous	1, 2, 4, 7	Cheese & tomato pizza baguette (v)	2, 7	Roast turkey, stuffing, roast potatoes & gravy	1, 2, 7, 13	Chicken nuggets & chips	2
Option 2:	Vegetable lasagne (v)	2, 7	Crisp topped vegetarian pie (v)	7, 14	Vegetable ravioli (v)	2	Vegetable roast, roast potatoes & gravy (v)	2	Cheese bites & chips (v)	2, 7
Jacket:	Jacket potato with beans (v)		Jacket potato with tuna mayo & sweetcorn	4, 5	Jacket potato with sweet chilli topping (v)		Jacket potato with a cheese topping (v)	7	Jacket potato with curry sauce (v)	
Vegetables:	Sugar snap peas / carrots		Garden peas		Sweetcorn		Seasonal fresh vegetables		Salad	
Bread:	Crusty bread	2	Wholemeal bread	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Banana cake & cream	2, 7	Custard biscuit	2, 7	Brownie	2, 7	Fruit jelly & cream	2, 7	Cocoa flapjack	2
Dessert option 2:	Yoghurt or melon slices	7	Organic yoghurt or fruit salad	7	Mixed fruit yoghurt or fruit salad	7	Yoghurt or whole fruit	7	Yoghurt or whole fruit	7

### Allergenic ingredients key

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide