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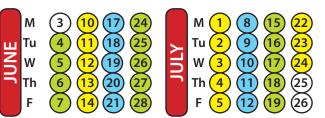
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SCHOOL MENUS Summer Term 2019







WEEK 1	WEEK 1 WE	EK 1 WEEK 1			
Recipes	Monday Allergen	Tuesday Allergen	Wednesday Allergen	Thursday Allergen	Friday Allergen
Main:	Cheesy pasta with bacon & peas 2,4,7	Golden crumb turkey dinosaur served with potato wedges 2, 4, 7	Sausage & chips 2	Roast gammon, apple sauce & gravy with roast potatoes 1,2,4, 7,13	Chicken breast strips served in a BBQ sauce with rice 1, 2, 7, 13
Vegetarian:	Sweet potato and lentil curry with brown/white rice 1, 2	Crumbed vegetable burger served in a bap 2, 4, 7	Vegetarian sausage & chips 2	Lentil roast, apple sauce & gravy with roast potatoes 1, 2, 4, 7, 13	Quorn chicken pieces served in a BBQ sauce with rice 1, 2, 4, 7, 13
Jacket:	Jacket potato with beans (v)	Jacket potato with chicken mayo 4	Jacket potato with ham & cucumber	Jacket potato with a pizza topping (v) 7	Jacket potato with a mild curry sauce (v) 2, 7
Vegetables:	Roasted vegetable medley	Sweetcorn & spaghetti hoops 2	Salad sticks	Fresh seasonal vegetables	Peas & carrots
Bread:	Wholemeal slice 2	Wholemeal slice 2	Wholemeal bread 2	Wholemeal bread 2	Wholemeal slice 2
Salad bar:	Available	Available	Not available	Not available	Available
Dessert option 1:	Sticky toffee pudding 2, 4	Apple & blackberry crumble & ice cream 2, 7	Coconut shortcake & milkshake 2, 4	Jelly & fruit	Cocoa krispie 7
Dessert option 2:	Organic yoghurt or melon slices 7	Thick & creamy yoghurt or melon and strawberries 7	Organic yoghurt or fruit salad 7	Yoghurt or whole fruit 7	Organic yoghurt or fruit salad 7

WEEK 2 Recipes	Monday Allergen	Tuesday Allergen	Wednesday Allergen	Thursday Allergen	Friday Allergen
Main:	Homemade chicken curry served with brown/white rice 2, 7	Homemade pasta bolognaise served with garlic bread 2, 7	Salmon fish fingers & chips 2, 5	Roast turkey, roast potatoes, stuffing & gravy 1,2,7,13	Sausage roll served with potato wedges 2, 4, 7
Vegetarian:	Homemade vegetarian wholemeal pasta bake 2	Homemade sweet potato, butternut squash & pasta soup 2	Cheese bites & chips 2, 7	Vegetarian muffin, roast potatoes, stuffing & gravy 1, 2, 7, 13	Cheese & onion pasty served with potato wedges 2, 4, 7
Jacket:	Jacket potato with tuna mayo 4, 5	Jacket potato with chicken mayo 4	Jacket potato with curry sauce (v) 2, 7	Jacket potato with cheese (v) 7	Jacket potato with beans (v)
Vegetables:	Sweetcorn	Fresh carrots	Salad mix	Seasonal fresh vegetable mix	Baked beans
Bread:	Crusty slice 2	Wholemeal slice 2	Wholemeal bread 2	Bread sticks 2	Wholemeal bread 2
Salad bar:	Available	Available	Not available	Not available	Available
Dessert option 1:	Homemade madeline sponge & cream 2, 4, 7	Chocolate shortcake & milkshake 2, 7	Mini fruit muffins 2, 7	Angel delight 7	Homemade fruit flapjack 2
Dessert option 2:	Organic yoghurt or fruit salad 7	Fruit yoghurt or fruit salad 7	Organic yoghurt or fruit bowl 7	Assorted yoghurt or fruit salad 7	Mixed fruit yoghurt or melon slices 7

WEEK 3	WEEK 3 WE				
Recipes	Monday Allergen	Tuesday Allergen	Wednesday Allergen	Thursday Allergen	Friday Allergen
Main:	Homemade pepperoni pizza served with potato wedges 2, 7	Pork & beef meatballs in gravy with brown/white rice 1, 2, 7, 13	Chicken nuggets & chips 2	Roast sausage in yorkshire pudding, roast potatoes & gravy 1, 2, 7, 13	Macaroni cheese served with a crusty slice (v) 2,7
Vegetarian:	Homemade cheese & tomato pizza served with potato wedges 2, 7	Quorn tortilla served with brown/ white rice 2, 4	Vegetable fingers & chips 2	Quorn sausage in yorkshire pudding, roast potatoes & gravy 1, 2, 4, 7, 13	Vegetable burger in a bun 2, 7
Jacket:	Jacket potato with beans & sweetcorn (v)	Jacket potato with cheese (v) 7	Jacket potato with cheese & beans (v) 7	Jacket potato with chicken mayo 4	Jacket potato with tuna mayo 4, 5
Vegetables:	Beans & sweetcorn	Fresh carrots & broccoli	Salad sticks	Seasonal fresh vegetables	Fresh carrots
Bread:	Wholemeal slice 2	Wholemeal slice 2	Wholemeal slice 2	Wholemeal slice 2	Wholemeal slice 2
Salad bar:	Available	Available	Not available	Not available	Available
Dessert option 1:	Apple & coconut flapjack & juice 2, 7	Fruit gateau & cream 2, 4, 7	Cocoa brownie 2, 4, 7	Pancakes & fruit sauce 2, 7	Marbled shortcake 2, 7
Dessert option 2:	Organic yoghurt or melon & orange 7	Mixed fruit yoghurt or fruit salad 7	Mixed fruit yoghurt or fruit salad 7	Organic yoghurt or mixed fruit salad 7	Organic yoghurt or whole fruit 7
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