



MONTH	Week 1 - Yellow
	Week 2 - Blue
	Week 3 - Green
	School Holiday
	Public Holiday

# SCHOOL MENUS

## Spring Term 2020



JANUARY	M	6	13	20	27
	Tu	7	14	21	28
	W	8	15	22	29
	Th	9	16	23	30
	F	10	17	24	31

FEBRUARY	M	3	10	17	24
	Tu	4	11	18	25
	W	5	12	19	26
	Th	6	13	20	27
	F	7	14	21	28

MARCH	M	2	9	16	23	30
	Tu	3	10	17	24	31
	W	4	11	18	25	
	Th	5	12	19	26	
	F	6	13	20	27	



WEEK 1		WEEK 1		WEEK 1		WEEK 1		WEEK 1		
Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Wholemeal meatball pasta bake	1, 2, 4, 7, 13	Homemade cheese & tomato pizza served with spicy wedges	2, 7	Childrens breaded fish portion & fries	2	Roast gammon, apple sauce, stuffing & gravy with roast potatoes	1,2,7,13	Mexican chicken enchiladas served with winter pasta salad	2, 7
Vegetarian:	Roasted vegetable & pesto quiche	2, 4, 7	Homemade quorn meatballs in a tomato sauce & spicy wedges	2, 4, 7	Roasted butternut squash frittata served with fries	4	Vegetarian ravioli with roast potatoes	2	Chickpea & lentil curry served with brown/white rice	2, 4, 7, 9
Jacket:	Jacket potato with beans (v)		Jacket potato with tuna mayo & sweetcorn	4, 5	Jacket potato with ham & tomato		Jacket potato with chicken mayo	4	Jacket potato with a cheesy topping (v)	7
Vegetables:	Sweetcorn		Peas		Salad sticks		Fresh seasonal vegetable mix		Fresh carrots	
Bread:	Crusty slice	2	Crackers	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Chocolate drop biscuit & milkshake	2, 7	Lemon feather sponge & custard	2, 4, 7	Chocolate cracknell	7	Arctic roll	2, 4, 7	Chocolate shortcake & squash	2, 7
Dessert option 2:	Organic yoghurt or melon slices	7	Organic yoghurt or whole fruit	7	Mixed fruit yoghurt or whole fruit	7	Whole fruit citrus strawberry smoothies		Thick & creamy yoghurt or orange wedges	7

WEEK 2		WEEK 2		WEEK 2		WEEK 2				
Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Chicken & sweetcorn pasta	2, 7	Homemade beef cobbler with mash potato	1, 2, 7, 13	Butchers (reduced salt) burgers & chips	2, 4, 7	Roast chicken fillets, roast potatoes, stuffing & gravy	1,2,7,13	Fish finger wrap with salad & salad cream/tomato sauce	4, 9
Vegetarian:	Tomato & Lentil pasta with a crusty slice	2, 7	Vegetable lasagne	2, 7	Vegetarian burgers & chips	2	Vegetable crumble, roast potatoes, stuffing & gravy	2, 7	Cheese & bean bake	2, 7
Jacket:	Jacket potato served with chicken mayo	4	Pizza baked potato with cheese & tomato sauce (v)	7	Jacket potato with ham & cucumber		Jacket potato with a quorn mince topping (v)	2, 4, 7	Jacket hot dogs (Sausage & tomato sauce)	2
Vegetables:	Sugarsnap peas & sweetcorn		Fresh carrots & broccoli		Mixed salad		Seasonal fresh vegetable medley		Low sugar & salt baked beans	
Bread:	Crusty slice	2	Wholemeal bread	2	Wholemeal bread	2	Wholemeal bread	2	Wholemeal bread	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Apple cake & custard	2, 4, 7	Jam tart & custard	2, 7	Homemade fruit flapjack	2	Frozen yoghurt & wafers	2, 7	Fruit cookies & milkshake	2, 4, 7
Dessert option 2:	Organic yoghurt or melon melody	7	Organic yoghurt or fresh fruit salad	7	Mixed fruit yoghurt or orange wedges	7	Citrus/strawberry smoothies (contains yoghurt) or fruit	7	Mixed fruit yoghurt or whole fruit	7

WEEK 3		WEEK 3		WEEK 3		WEEK 3				
Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Bacon & tomato sauce pasta served with wholemeal slice	2	Creamy chicken curry with brown/white rice & mini naan	1,2,4,7,9,13	Fish fingers & chips	2, 5	Roast sausage, roast potatoes, mini yorkshire puddings & gravy	1,2,7,13	Macaroni cheese served with a crusty slice	2, 7
Vegetarian:	Spiced lentil & bean patty & pasta	2, 13, 14	Pasta with tomato and basil sauce with a crusty slice	2	Vegetable bakes & chips	2	Vegetarian sausage served with the above	1, 2, 7, 13	Quorn & lentil moussaka	2, 4, 7
Jacket:	Jacket potato with quorn coronation chicken (v)	4	Jacket potato with a bean topping (v)		Jacket potato with cheese & beans (v)	7	Jacket potato with tuna mayo	4, 5	Jacket potato with egg mayo (v)	4
Vegetables:	Garden peas		Sweetcorn		Mixed salad		Fresh seasonal vegetable mix		Fresh 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:	Shortcake finger served with fruit yoghurt	2, 7	Date & cocoa brownies & organic milkshake	2, 4, 7	Australian crunch	2, 4, 7	Custard biscuit & juice	2, 7	Ice cream tubs	7
Dessert option 2:	Organic yoghurt or peaches and pears	7	Organic yoghurt or melon slices	7	Mixed fruit yoghurt or whole fruit	7	Organic yoghurt or fresh fruit salad	7	Organic yoghurt or kiwi/strawberries	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