

Spring/ Summer Menu 2022 Option A

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

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Roasted vegetables 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 or orange & cinnamon cookie	Iced sponge and custard	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two

Option 1	Macaroni Cheese 	Fish fingers or salmon fish fingers with chips & Tomato sauce	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice 	Beef Burgers in a bun with wedges & Tomato sauce
Option 2	Vegetable Lasagne 	Vegan Spaghetti Bolognese 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegetable Curry with Rice 	Vegan Burger in a Bun with Wedges & Tomato Sauce
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 or <u>Oaty</u> Cookie	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	Chicken Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
Option 2	Cheese & Bean Pasty with Wedges 	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	Apple Crumble & Custard	Fresh Fruit & Yoghurt Station or Vanilla Cookie	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.