

ALLERGY INFORMATION: If your child has an allergy or intolerance 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.

April – October Menu 2019

v4



		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Main	Chicken Sausages with Baked Potato Wedges and Gravy	50% Plant Based Spaghetti Bolognaise (Organic Beef)	Roast Chicken with Roast New Potatoes & Gravy	Chicken and Bean Fajitas with Rice (Free Range)	MSC Salmon Fishcake/ Fishfingers with Chips and Homemade Tomato Sauce
	Vegetarian	Quorn Sausages with Baked Potato Wedges and Gravy	Wholemeal Pasta Neapolitan with Spinach	Creamy Vegetable Pie with Roast New Potatoes & Gravy	Lentil and Sweet Potato Curry with Rice	Cheese and Pepper Whirl with Chips
	Dessert	Carrots Cauliflower	Sweetcorn Roast Butternut Squash	Carrots Green Beans	Mixed Peppers Broccoli	Baked Beans Garden Peas
		Sticky Toffee Apple Crumble with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Carrot and Courgette Cake with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Pear and Raisin Cake with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Fruit and Organic Yoghurt Station
Week 2	Main	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice (Free Range)	Roast Turkey with Roast Potatoes & Gravy	50% Plant Based Beef Lasagne with Garlic Bread (Organic Beef)	MSC Breaded Fish with Chips, and Homemade Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese with Garlic Bread	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetable and Bean Fajitas with 50/50 Rice	Vegetable and Cheese Pasty with Chips
	Dessert	Carrots Sweetcorn	Green Beans Cauliflower	Carrots Cabbage	Broccoli Mixed Peppers	Baked Beans Garden Peas
		Chocolate Banana Square, with Sliced Banana and Milk Organic Fruit Yoghurt Fresh Fruit Platter	Peach Upside Down Cake with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Apple Flapjack with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Lemon and Mixed Berry Cake with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Fruit and Organic Yoghurt Station
Week 3	Main	50% Plant Based Chicken Tikka Masala with Rice (Free Range)	Jamaican Beef with Rice	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Wholemeal Beef and Red Pepper Pizza with Coleslaw	MSC Battered Fish with Chips, Homemade Tomato Sauce
	Vegetarian	Mixed Bean Cassoulet with Rice	Chickpea Aloo Chat with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Wholemeal Cheese and Tomato Pizza with Coleslaw	Red Pepper and Cheese Frittata with Chips
	Dessert	Mixed Peppers Carrots	Sweetcorn Cabbage	Carrots Broccoli	Green Beans Cauliflower	Garden Peas Baked Beans
		Mixed Fruit Crumble with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Pear and Ginger Muffin with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Organic Fruit Yoghurt Fresh Fruit Platter	Apple Pie with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Fruit and Organic Yoghurt Station



*Halal Sites – Chicken Sausage
All other Sites – School Selection

Available Daily)
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and Organic Fruit Yoghurt