










● **Spring/ Summer Menu 2022 Option A** ●



Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Week One

Option 1	Tomato & Vegetable Pasta	Jerk Chicken with Rice	Roast Chicken, 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	Cucumber 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	Orange & Cinnamon Cookie 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two

Option 1	Macaroni Cheese	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes, Stuffing & Gravy 	Chef James Chicken Jollof Rice 	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognese 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with new potatoes & Tomato Sauce 	Cheese & Bean Pasty with Chips
Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
Dessert	Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake with custard	Fresh Fruit & Yoghurt Station	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 Chicken, Roast Potatoes & Gravy	Chicken Sausage Hot Dog with new potatoes	Fish in Batter with Chips & Tomato Sauce
Option 2	Cheese & Tomato Pizza with New Potatoes 	Chick Pea curry with Rice 	Potato and Courgette stack with Roast potatoes 	Vegan Sausage Hot Dog with New Potatoes 	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	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Fruit Salad and Ice cream 
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.