



Summer/Autumn Menu 2022

 Vegan
 Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 25.4 16.5 13.6 4.7 29.8 19.9 10.10	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Gammon, Roast Potatoes & Gravy	Pasta Bolognaise	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Vegan Pasta Bolognaise	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Cookie 	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Vanilla Shortbread 	Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two 2.5 23.5 20.6 11.7 5.9 26.9 17.10	Option 1	Macaroni Cheese	Chicken Curry with Rice 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Beefburger in a Bun with Wedges & Tomato Sauce	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Sweet & Sour Noodles	Vegetable Curry with Rice  	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips & Tomato Sauce
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Lemon Drizzle Cake	Apple & Berry Crumble with Custard 	Fresh Fruit & Yoghurt Station	Chocolate Brownie	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three 9.5 6.6 27.6 18.7 12.9 3.10	Option 1	Cheese & Tomato Pizza	Chicken Fajitas with Rice 	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Vegan Meatballs in a Tomato Sauce with Pasta  	Vegetable Enchiladas with Rice 	Cheese & Pepper Whirl with Roast Potatoes	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	Chocolate Cake	Raspberry Jelly 	Fresh Fruit & Yoghurt Station	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.