

WEEK 2 MENU

W/C: 25/04, 16/05, 13/06, 04/07, 05/09, 26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main 1

Mild Smoky Bean & Vegetable Chilli with Rice

Vegetable Biryani

Roast Turkey with Roast Potatoes & Gravy

Veggie Balls in Tomato Sauce with Pasta

Golden Fish Fingers or Veggie Hotdog & Chips

Hot Main 2

Cheese & Tomato Pizza with Skin on Wedges

Allegra's Asian Sticky Chicken Noodles
 Jacket Potato with Salmon Mayo

Creamy Vegetable Pie with Roast Potatoes & Gravy

Mild Chickpea and Potato Curry with Rice

Jerk Chicken with Rice

Schools Choice

Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta or Sandwich/Baguette

Vegetables

Sweetcorn & Roast Vegetables

Peas & Broccoli

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Cous Cous Salad
 Sweetcorn, Tomato, Cucumber, Lettuce

Noodle Salad,, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Desserts

Organic Yoghurt with Fresh Fruit Slices
 Or
 Banana & Apricot Flapjack with Fruit Slices

Organic Yoghurt with Fresh Fruit Slices
 Or
 Apple & Berry Oaty Crumble
 & Custard

Organic Yoghurt with Fresh Fruit Salad
 Or
 Cheese & Biscuits with Apple & Grapes

Bowl of Seasonal Fresh Fruit
 Or
 Chocolate Slice with Fresh Fruit Salad

Organic Yoghurt with Fresh Fruit Slices
 Or
 Vanilla Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's Choice**
Vegan

SPRING/SUMMER 2022

