

WEEK 3 MENU

W/C: 02/05, 23/05, 20/06, 11/07, 12/09, 03/10



MONDAY



TUESDAY



WEDNESDAY

THURSDAY




FRIDAY



Hot Main 1

Vegetable Sausages & Mash with Gravy  



Veggie Lasagne with Garlic Bread Wedge  

Roast Beef with Roast Potatoes & Gravy


Creamy Veggie Korma Curry with Rice  **VE**  




Golden Fish Fingers or Soft Vegetable Taco   & Chips

Hot Main 2

Veg Supreme Pizza & Skin on Wedges  






Allegra's Chilli Con Chicken & Sweet Potato Bake 

Butternut Squash & Potato Pastry Slice with Roast Potatoes & Gravy  **VE**

Veg Bolognese with Pasta   

BBQ Chicken Wrap with Cous Cous

Schools Choice

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

Vegetables

Sweetcorn & Broccoli

Peas & Cauliflower

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce


Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce


Cous Cous 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


Oatie Biscuit  **VE** with Fresh Fruit Slices


Organic Yoghurt with Fresh Fruit Slices 
Or


Apple and Carrot Cake with Fresh Fruit Slices 

Organic Yoghurt with Fresh Fruit Salad 
Or

Cheese and Biscuits with Apples & Grapes

Bowl of Seasonal Fresh Fruit 
Or

Berry Flapjack  **VE** with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices 
Or

Strawberry 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**
VE Vegan



SPRING/SUMMER 2022