



WEEK 1

W/C: 08/05, 05/06, 26/06, 17/07, 04/09, 25/09, 16/10

MONDAY






TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2023

MAIN DISH 1	Macaroni Cheese with Carrots & Peas 	Beef Bolognese with Wholemeal Pasta and Garlic & Herb Bread 	Roast Turkey with Roast Potatoes & Gravy 	Sweet Chilli Vegetable Noodles with Broccoli & Sweetcorn 	Breaded Fish Fingers or Jerk Chicken with Chips
MAIN DISH 2	Sweet Potato Curry with Wholegrain Rice   VE	West African Vegetable Rice with Sweetcorn & Green Beans  VE	Vegetable Pastry Roll with Roast Potatoes & Gravy  VE	Vegetarian Lasagne with Garlic & Herb Bread 	Crispy Quorn Veggie Dippers with Chips  VE
SCHOOLS CHOICE	Jacket Potato with Salmon Mayonnaise 				
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette  VE   VE 				
VEGETABLES	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce
DESSERT	Organic Yoghurt & Fresh Fruit Slices 	Organic Yoghurt & Fresh Fruit Salad 	Organic Yoghurt & Fresh Fruit Bowl 	Organic Yoghurt & Fresh Fruit Salad 	Organic Yoghurt & Fresh Fruit Slices 
	Strawberry Frozen Yoghurt & Fruit Slices	Orange Drizzle Cake & Custard	Cheese and Biscuits with Fresh Apple Slices 	Lemon Slice with Fresh Fruit 	Chocolate Ice Cream & Fruit Slices

WATER, MILK & FRESHLY BAKED BREAD AVAILABLE EVERY DAY

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

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice **VE** Vegan

