

# SUMMER MENU 2021

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish

	Monday	Tuesday	Wednesday	Thursday	Friday
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**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 your child has an allergy or intolerance, 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK ONE</b>  19 Apr 10 May 7 Jun 28 Jun 19 Jul	Option 1	<b>MEAT FREE MONDAY</b> Macaroni Cheese 	Chicken Sausages, Mashed Potatoes & Gravy	Roast Beef with Stuffing & Gravy served with Roast Potatoes or Plain Pasta	Chicken Tikka Curry  with 50/50 Rice 	Fish Fingers / Salmon  Fish Fingers with Oven Baked Chips or Couscous
	Option 2	Vegetable & Red Kidney Bean Pasta Bake 	Vegetarian Sausages, Mashed Potatoes & Gravy 	Vegetable Wellington with Stuffing & Gravy served with Roast Potatoes or Plain Pasta 	Chickpea Curry  with 50/50 Rice 	Spanish Omllette with Oven Baked Chips or Couscous
	Vegetables	Sweetcorn Peppers	Cauliflower Florets Cabbage	Swede & Carrot Mash Green Beans	Broccoli Carrots	Baked Beans Peas Baked Tomato
	Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Crumble & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
<b>WEEK TWO</b>  26 Apr 17 May 14 Jun 5 Jul	Option 1	<b>MEAT FREE MONDAY</b> Sweet & Sour Butter Bean & Vegetables with Couscous	Mexican Beef Chilli  with 50/50 Rice 	Roast Chicken with Gravy served with Roast Potatoes or Plain Pasta	Turkey & Chickpea  Aloo Chaat  with 50/50 Rice	Fish in Batter with Oven Baked Chips or Sweet Potato Mash
	Option 2	Quorn Chow Mein with Egg Noodles	Five Bean Chilli  with 50/50 Rice 	Chickpea & Vegetable Loaf with Gravy served with Roast Potatoes or Plain Pasta 	Lentil & Sweet Potato Curry  with 50/50 Rice 	Cheese & Tomato Quiche with Chips or Sweet Potato Mash
	Vegetables	Sweetcorn Broccoli	Green Beans Carrots	Cauliflower Florets Red Cabbage	Broccoli Baked Tomatoes	Baked Beans Peas
	Dessert	Yoghurt / Fresh Fruit	Blackberry & Apple Cobbler with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
<b>WEEK THREE</b>  3 May 24 May 21 Jun 12 Jul	Option 1	<b>MEAT FREE MONDAY</b> Mixed Vegetable Wholemeal Pizza 	Turkey & Leek Pie with Gravy 	Roast (as advertised), with Gravy served with Roast Potatoes or Plain Pasta	Beef Bolognese with  Wholemeal Spaghetti 	Breaded Fish with Oven Baked Chips or Steamed New Potato
	Option 2	Cheese & Tomato Wholemeal Pizza 	Lentil & Basil Whirl with Mash Potato & Gravy 	Bean & Lentil Burger with Gravy served with Roast Potatoes or Plain Pasta 	Soya & Vegetable Bolognese  with Wholemeal Spaghetti 	Mixed Pepper Frittata with Oven Baked Chips or Steamed New Potato
	Vegetables	Cauliflower Florets Baked Tomatoes	Sweetcorn Broccoli	Green Beans Red Cabbage	Broccoli Carrots	Baked Beans Peas
	Dessert	Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

# SUMMER MENU 2021

**Monday**

**Tuesday**










**Wednesday**

**Thursday**

**Friday**










**WEEK ONE**

19 Apr  
10 May  
7 Jun  
28 Jun  
19 Jul

Option 1	<b>MEAT FREE MONDAY</b> Macaroni Cheese 	Chicken Sausages, Mashed Potatoes & Gravy	Roast Beef with Stuffing & Gravy served with Roast Potatoes or Plain Pasta	Chicken Tikka Curry  with 50/50 Rice 	Fish Fingers / Salmon  Fish Fingers with Oven Baked Chips or Couscous
Option 2	Vegetable & Red Kidney Bean Pasta Bake 	Vegetarian Sausages, Mashed Potatoes & Gravy 	Vegetable Wellington with Stuffing & Gravy served with Roast Potatoes or Plain Pasta 	Chickpea Curry with 50/50 Rice  	Spanish Omllette with Oven Baked Chips or Couscous
Vegetables	Sweetcorn Peppers	Cauliflower Florets Cabbage	Swede & Carrot Mash Green Beans	Broccoli Carrots	Baked Beans Peas Baked Tomato
Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Crumble & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit










**WEEK TWO**

26 Apr  
17 May  
14 Jun  
5 Jul


Option 1	<b>MEAT FREE MONDAY</b> Sweet & Sour Butter Bean & Vegetables with Couscous	Mexican Beef Chilli with 50/50 Rice  	Roast Chicken with Gravy served with Roast Potatoes or Plain Pasta	Turkey & Chickpea Aloo Chaat  with 50/50 Rice 	Fish in Batter with Oven Baked Chips or Sweet Potato Mash
Option 2	Quorn Chow Mein with Egg Noodles	Five Bean Chilli with 50/50 Rice  	Chickpea & Vegetable Loaf with Gravy served with Roast Potatoes or Plain Pasta 	Lentil & Sweet Potato Curry  with 50/50 Rice 	Cheese & Tomato Quiche with Chips or Sweet Potato Mash
Vegetables	Sweetcorn Broccoli	Green Beans Carrots	Cauliflower Florets Red Cabbage	Broccoli Baked Tomatoes	Baked Beans Peas
Dessert	Yoghurt / Fresh Fruit	Blackberry & Apple Cobbler with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit


**WEEK THREE**


3 May  
24 May  
21 Jun  
12 Jul

Option 1	<b>MEAT FREE MONDAY</b> Mixed Vegetable Wholemeal Pizza 	Turkey & Leek Pie with Gravy 	Roast (as advertised), with Gravy served with Roast Potatoes or Plain Pasta	Beef Bolognese with Wholemeal Spaghetti  	Breaded Fish with Oven Baked Chips or Steamed New Potato
Option 2	Cheese & Tomato Wholemeal Pizza 	Lentil & Basil Whirl with Mash Potato & Gravy 	Bean & Lentil Burger with Gravy served with Roast Potatoes or Plain Pasta 	Soya & Vegetable Bolognese with Wholemeal Spaghetti  	Mixed Pepper Frittata with Oven Baked Chips or Steamed New Potato
Vegetables	Cauliflower Florets Baked Tomatoes	Sweetcorn Broccoli	Green Beans Red Cabbage	Broccoli Carrots	Baked Beans Peas
Dessert	Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

 Added  
Plant Power

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 Wholemeal

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