

SCHOOL LUNCH MENU

w/c 16th April 2018 (Starts with week 1)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>OPTION 1: Fishwich in a Bun OPTION 2: Bean Burger in a Bun (v) OPTION 3: Pasta Bowl topped with Cheese & Apple</p> <p>Herby Diced Potatoes Garden Peas</p> <p>Banana & Chocolate Cake</p>	<p>OPTION 1: Pork Meatballs in a Swedish Style Sauce OPTION 2: Linda McCartney Sausages in a Tomato Sauce (v) OPTION 3: Wholemeal Sub Roll filled with Ham & Tomato served with Salad & Vegetable Sticks</p> <p>Wholemeal & White Rice Green Beans</p> <p>Melon, Strawberry & Grape Pots</p>	<p>OPTION 1: Roast Gammon & Yorkshire Pudding OPTION 2: Topsy Turvy Tomato Tart (v)</p> <p>Baby New Potatoes Carrots Sweetcorn Gravy</p> <p>100% Fruit Lolly</p>	<p>OPTION 1: Spaghetti Bolognese OPTION 2: Gnocchi served in a Creamy Cheese & Chive Sauce (v) OPTION 3: Sweet Chilli Chicken Tortilla Wrap with Pasta Salad & Vegetable Sticks</p> <p>Garlic Bread Mixed Salad</p> <p>Smiley Ginger Biscuit</p>	<p>OPTION 1: Chicken Breast Chunks OPTION 2: Quorn Dippers OPTION 3: Pasta Pot topped with Tuna Crunch</p> <p>Chips Baked Beans</p> <p>Frozen Yoghurt pots & Fruit Bar</p>
2	<p>OPTION 1: Jacket Potato with a choice of filling: Cheese, Tuna Mayonnaise, Baked Beans, Quorn Bolognese (v) OPTION 2: Falafel Tortilla Wrap served with Pasta Salad & Vegetable Sticks</p> <p>Mixed Seasonal Salad</p> <p>Apple Shortcake</p>	<p>OPTION 1: Crispy Polenta Chicken OPTION 2: Stuffed Pepper with Moroccan Couscous (v) OPTION 3: Wholemeal Sub Roll filled with Tuna Crunch served with Mixed Salad & Vegetable Sticks</p> <p>Rainbow Pasta with Smoky Tomato Sauce Sweetcorn & Pepper Salad</p> <p>Lime Jelly & Ice Cream</p>	<p>OPTION 1: Roast Beef & Yorkshire Pudding OPTION 2: Spinach & Potato Bake (v)</p> <p>Roast potatoes Cauliflower Green Beans Gravy</p> <p>Summer Fruit Platter</p>	<p>OPTION 1: All Day Breakfast served with a Floured Bap (sausage, Bacon, Egg) OPTION 2: Vegetarian Breakfast served with a Floured Roll (Vegetarian Sausage, Egg) OPTION 3: Pasta Bowl topped with Ham & Pineapple</p> <p>Baked Beans Tomatoes</p> <p>Artic Roll with Summer Fruits</p>	<p>OPTION 1: Crispy Fish Sticks OPTION 2: Tomato & Red Onion Tart (v) OPTION 3: Pasta Bowl topped with Cheese & Chives (v)</p> <p>Chips BBQ Beans Peas</p> <p>Peach Melba Sponge Tray Bake</p>
3	<p>OPTION 1: Tuna & Sweetcorn Pasta Bake OPTION 2: Smoky Tomato Pasta with Mozzarella & Cheddar (v) OPTION 3: Egg Mayonnaise Tortilla Wrap with Pasta Salad & Vegetable Sticks</p> <p>Garlic Bread Mixed Leaf Salad</p> <p>Victoria Sponge Sandwich</p>	<p>OPTION 1: Local Butchers Beef Burger in a Bun with Onions (optional) & Tomato Ketchup OPTION 2: Vegetable Burger in a Bun (v) OPTION 3: Pasta Bowl topped with Ham & Cucumber</p> <p>Baked Tiger Wedges American Coleslaw</p> <p>Melon Boats</p>	<p>OPTION 1: Roast Turkey with Sage & Onion Stuffing & Yorkshire Pudding OPTION 2: Roasted Vegetable Strudel (v)</p> <p>Roast Potatoes Sweetheart Cabbage Carrots Gravy</p> <p>Frozen Fruit Smoothie</p>	<p>OPTION 1: Chicken Korma OPTION 2: Macaroni Cheese (v) OPTION 3: Wholemeal Sub Roll filled with Tuna Mayonnaise served with Salad & Vegetable Sticks</p> <p>Wholegrain & White Rice Naan Bread</p> <p>Strawberry Cheesecake</p>	<p>OPTION 1: Bubble Fish OPTION 2: Battered Salmon Fillet with Lemon wedge & Tartar Sauce OPTION 3: Frittata (v)</p> <p>Chips Garden Peas Baked Beans</p> <p>Chunky Flapjack</p>

Available daily: Salad Bar, Fresh Wholemeal Bread, Fresh Fruit, Yogurt, Milk, Water, Orange Squash, Blackcurrant Squash

Allergen information	Celery	Gluten	Egg	Fish	Milk	Mustard	Soya	Sulphites	Sesame	Allergen information	Celery	Gluten	Egg	Fish	Milk	Mustard	Soya	Sulphites	Sesame
All Day Breakfast - Egg			✓							Pasta Bowl topped with Ham & Pineapple		✓							
All Day Breakfast – Floured Roll		✓								Pasta Bowl with Cheese & Apple		✓	✓		✓	✓			
All Day Breakfast – Vegetarian Sausage		✓	✓		✓					Pasta Bowl with Cheese & Chives		✓	✓		✓	✓			
Artic Roll		✓	✓		✓		✓			Pasta Bowl with Ham & Cucumber		✓				✓			
Banana & Chocolate Cake		✓	✓		✓					Pasta Bowl with Tuna Crunch		✓	✓	✓		✓			
Battered Salmon Fillet		✓		✓						Pasta Salad		✓					✓		
Bbq Beans						✓				Peach Melba Sponge Tray Bake		✓	✓		✓				
Bean Burger in a Bun		✓								Polenta Chicken			✓			✓			
Bubble Fish (gluten free)				✓						Pork Meatballs in a Swedish Sauce	✓	✓			✓				
Cheese with Jacket Potato					✓					Quorn Bolognese		✓	✓						
Chicken Breast Chunks										Quorn Dippers		✓	✓						
Chicken Korma					✓					Rainbow Pasta with Smoky Tomato Sauce		✓				✓			
Chunky Flapjack		✓			✓					Roasted Vegetable Strudel		✓							
Coleslaw / American Coleslaw			✓		✓	✓				Sage & Onion Stuffing	✓	✓	✓		✓	✓	✓	✓	
Crispy Fish Sticks		✓		✓			✓			Smiley Ginger Biscuit		✓			✓				
Egg Mayonnaise Tortilla Wrap		✓	✓			✓				Smoky Tomato with Cheddar & Mozzarella		✓			✓	✓			
Falafel Tortilla Wrap		✓	✓							Spaghetti Bolognese		✓							
Fishwich in a Bun		✓		✓						Spinach & Potato Bake		✓			✓	✓			
Frittata (v)			✓		✓					Strawberry Cheesecake		✓	✓		✓		✓		
Frozen Yoghurt pot					✓					Stuffed Pepper with Moroccan Couscous	✓	✓				✓			
Garlic Slice		✓					✓			Sweet Chilli Chicken Tortilla Wrap		✓							
Gnocchi in Creamy Cheese & Chive Sauce		✓			✓	✓				Tartar Sauce			✓						
Gravy	✓	✓					✓			Tomato & Red Onion Tart (v)		✓			✓				
Herby Diced Potatoes		✓								Topsy Turvy Tomato Tart		✓			✓				
Lime Jelly & Ice Cream					✓					Tuna & Sweetcorn Pasta Bake		✓		✓	✓	✓			
Linda McCartney Sausages		✓					✓			Tuna Mayonnaise with Jacket Potato			✓	✓		✓			
Macaroni Cheese		✓			✓	✓				Vegetable Burger in a Roll		✓			✓	✓			
Mayonnaise Sachets			✓				✓			Victoria Sponge Sandwiche		✓	✓		✓				
Milk / Milkshake					✓					Wholegrain & White Rice		✓							
Naan Bread		✓								Wholemeal Bread		✓	✓		✓		✓		
										Wholemeal Sub Roll with Ham & Tomato		✓			✓				
										Wholemeal Sub Roll with Tuna Crunch		✓	✓	✓		✓			
										Wholemeal Sub Roll with Tuna Mayonnaise		✓	✓			✓			
										Yoghurt					✓				
										Yorkshire Pudding		✓	✓		✓				