

# SCHOOL LUNCH MENU **REVISED** w/c 2nd July 2018 (Starts with week 2)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p><b>OPTION 1:</b> Fishwich in a Bun  <b>OPTION 2:</b> Spicy Bean Burger in a Bun (v)  <b>OPTION 3:</b> Pasta Bowl topped with Cheese &amp; Apple</p> <p>Herby Diced Potatoes                      Garden Peas</p> <p>Banana &amp; Chocolate Brownie</p>	<p><b>OPTION 1:</b> Swedish Pork Meatballs in a simple Gravy  <b>OPTION 2:</b> Linda McCartney Sausages in a Tomato Sauce (v)  <b>OPTION 3:</b> Wholemeal Roll filled with Ham &amp; Tomato served with Salad &amp; Vegetable Sticks</p> <p>Wholemeal &amp; White Rice                      Green Beans</p> <p>Melon, Strawberry &amp; Grape Pots</p>	<p><b>OPTION 1:</b> Roast Gammon &amp; Yorkshire Pudding  <b>OPTION 2:</b> Cheese and Tomato Scone (v)</p> <p>Baby New Potatoes                      Carrots                      Sweetcorn                      Gravy</p> <p>100% Fruit Lolly</p>	<p><b>OPTION 1:</b> Spaghetti Bolognese  <b>OPTION 2:</b> Gnocchi served in a Creamy Cheese &amp; Chive Sauce (v)  <b>OPTION 3:</b> Sweet Chilli Chicken Tortilla Wrap with Pasta Salad &amp; Vegetable Sticks</p> <p>Garlic Bread                      Mixed Salad</p> <p>Ginger Biscuit</p>	<p><b>OPTION 1:</b> Chicken Nuggets  <b>OPTION 2:</b> Battered Quorn Nuggets (v)  <b>OPTION 3:</b> Tuna and Sweetcorn Pasta</p> <p>Chips                      Baked Beans</p> <p>Frozen Yoghurt Ice Cream</p>
2	<p><b>OPTION 1:</b> Jacket Potato with a choice of filling: Cheese, Tuna Mayonnaise, Baked Beans, Quorn Bolognese (v)  <b>OPTION 2:</b> Falafel Tortilla Wrap served with Pasta Salad &amp; Vegetable Sticks</p> <p>Mixed Seasonal Salad</p> <p>Apple Shortcake</p>	<p><b>OPTION 1:</b> Sweet &amp; Sour chicken  <b>OPTION 2:</b> Cheese Whirl (v)  <b>OPTION 3:</b> Wholemeal Sub Roll filled with Tuna and Sweetcorn served with Mixed Salad &amp; Vegetable Sticks</p> <p>Wholemeal &amp; White Rice                      Sweetcorn &amp; Pepper Salad</p> <p>Lime Jelly &amp; Ice Cream</p>	<p><b>OPTION 1:</b> Roast Beef &amp; Yorkshire Pudding  <b>OPTION 2:</b> Spinach, Potato &amp; Cheese Bake (v)</p> <p>Roast potatoes                      Carrots                      Sweetcorn                      Gravy</p> <p>Summer Fruit Platter</p>	<p><b>OPTION 1:</b> All Day Breakfast—sausage, Bacon &amp; Egg  <b>OPTION 2:</b> Vegetarian Breakfast—Vegetarian Quorn Sausage &amp; Egg (v)  <b>OPTION 3:</b> Pasta Bowl topped with Ham &amp; Sweetcorn</p> <p>Hash Brown                      Baked Beans                      Tomatoes</p> <p>Artic Roll with Summer Fruits</p>	<p><b>OPTION 1:</b> Fish Fingers  <b>OPTION 2:</b> Tomato &amp; Red Onion Tart (v)  <b>OPTION 3:</b> Cheesy Pasta (v)</p> <p>Chips                      Baked Beans                      Peas</p> <p>Iced Sprinkle Sponge</p>
3	<p><b>OPTION 1:</b> Tuna &amp; Sweetcorn Pasta Bake  <b>OPTION 2:</b> Pizza Whirls  <b>OPTION 3:</b> Egg Mayonnaise Wrap with Pasta Salad &amp; Vegetable Sticks</p> <p>Garlic Bread                      Mixed Leaf Salad</p> <p>Chocolate Iced Sponge</p>	<p><b>OPTION 1:</b> Beef Burger in a Bun with Tomato Ketchup  <b>OPTION 2:</b> Vegetable Burger in a Bun (v)  <b>OPTION 3:</b> Pasta Bowl topped with Ham &amp; Cucumber</p> <p>Herby Diced Potatoes                      American Coleslaw</p> <p>Melon Boats</p>	<p><b>OPTION 1:</b> Roast Turkey with Sage &amp; Onion Stuffing &amp; Yorkshire Pudding  <b>OPTION 2:</b> Yorkshire Pudding filled with Red Onion and Cheese (v)</p> <p>Roast Potatoes                      Sweetcorn                      Carrots                      Gravy</p> <p>Frozen Fruit Smoothie</p>	<p><b>OPTION 1:</b> Chicken Korma  <b>OPTION 2:</b> Macaroni Cheese (v)  <b>OPTION 3:</b> Wholemeal Sub Roll filled with Tuna Mayonnaise served with Salad &amp; Vegetable Sticks</p> <p>Wholegrain &amp; White Rice                      Naan Bread                      Mixed Vegetables</p> <p>Oat Cookies</p>	<p><b>OPTION 1:</b> Battered Fish  <b>OPTION 2:</b> Battered Salmon with Lemon wedge &amp; Tartar Sauce  <b>OPTION 3:</b> Vegetable Nuggets (v)</p> <p>Chips                      Garden Peas                      Baked Beans</p> <p>Flapjack</p>

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

**Alternative dessert available every day** Fresh Fruit, Yogurt

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

(V) = Vegetarian option