

# Lunch Menu Summer 2021

## Week One

W/C: 19/4, 24/5, 28/6,

### Meat Free Monday

- V Cheese & Tomato Pizza
- Cucumber Salad
- Vg (GF) Roasted Vegetable Rice
- Peas
- Mixed Fresh Melon

### Tuesday Classics

- (GF) Beef Cottage Pie
- V Lentil & Vegetable Cottage Pie
- Mixed Vegetables
- V Cheese & Biscuits
- Fresh Fruit/Fruit Yoghurt

### Wednesday Roast

- (GF) Roast Gammon
- V Mac 'n' Cheese
- V (GF) Roast Potatoes V (GF) Gravy
- Farmhouse Mixed Vegetables
- Fresh Fruit Selection

### Around the World Mexico

- Fajita Chicken with Wrap
- Vg (GF) Mexican Bean & Vegetable Stir-Fry
- Vg (GF) Rice
- Carrots & Corn
- V Frozen Toffee Yoghurt
- Fresh Fruit

### Fishy Friday

- \* Breaded Fishcake
- Vg Vegetable Samosas
- Vg (GF) Oven Chips & Peas
- V Chocolate Chip Muffin
- Fresh fruit

### Available Daily

- Fresh Wholemeal Ham, Cheese or Tuna Sandwich
- Baked Potatoes & Cheese
- Seasonal Side Salad

- Vg Vegan
- V Vegetarian
- (GF) Gluten free

\* Gluten Free Available On Request

## Week Two

W/C: 26/4, half term, 5/7,

### Meat Free Monday

- V Macaroni Cheese
- Or Pesto Pasta
- V Baked Potato with Cheese
- Mixed Vegetables
- Fresh Pineapple & Mango

### Tuesday Classics

- \* Pork Sausage
- V Vegetable Sausage
- V (GF) Creamed Potatoes
- Peas
- V Lemon Drizzle Cake
- Fresh Fruit/Fruit Yoghurt

### Wednesday Roast

- (GF) Roast Chicken Fillet
- V Cheese & Tomato Pasta Bake
- Vg (GF) Roast Potatoes, V (GF) Gravy
- Farmhouse Mixed Vegetables
- Fresh Fruit Selection

### Around the World Spain

- Chicken & Chorizo Pasta
- Vg (GF) Roasted Butternut Risotto
- Vg (GF) Peas
- V Chocolate Mousse
- Fresh fruit/Fruit Yoghurt

### Fishy Friday

- \* Fish Fingers
- V Roasted Vegetable Quiche
- Vg (GF) Oven Chips & Baked Beans
- V Vanilla Muffin
- Fresh Fruit

### Available Daily

- Fresh Wholemeal Ham, Cheese or Tuna Sandwich
- Baked Potatoes & Cheese
- Seasonal Side Salad

- Vg Vegan
- V Vegetarian
- (GF) Gluten free

\* Gluten Free Available On Request

## Week Three

W/C: 3/5, 7/6, 12/7,

### Meat Free Monday

- V Baked Potato with choices of
- Baked Beans, Cheese or Tuna
- Or Tomato Pasta
- Cucumber Salad
- Fresh Fruit Salad

### Tuesday Classics

- \* Fresh Beef Burger
- Vg Vegetable Burger
- Vg\* Buns
- Vg Low Sugar Tomato Ketchup & Sweetcorn
- Chocolate Brownie Cake
- Fresh Fruit / Fruit Yoghurt

### Wednesday Roast

- (GF) Roast Gammon Ham
- V Stuffed Peppers
- Vg (GF) Roast Potatoes & V (GF) Gravy
- Farmhouse Mixed Vegetables
- Fresh Fruit Selection

### Around The World India

- (GF) Chicken Tikka Massala
- Vg (GF) Vegetable Korma
- Vg (GF) Rice & Mixed Vegetables
- Vg Chapatti
- V Fresh Watermelon
- Fresh Fruit / Fruit Yoghurt

### Fishy Friday

- \* Breaded White Fish
- V Vegetable Samosa
- Vg (GF) Oven Chips & Peas
- V Mini Ring Doughnuts
- Fresh fruit

### Available Daily

- Fresh Wholemeal Ham, Cheese or Tuna Sandwich
- Baked Potatoes & Cheese
- Seasonal Side Salad

- Vg Vegan
- V Vegetarian
- (GF) Gluten free

\* Gluten Free Available

# Lunch Menu Summer 2021

## Week Four

W/C: 10/5, 14/6, 19/7,

### Meat Free Monday

- Vg Fusilli Pasta with Tomato Sauce
- Vg (GF) Rice with Roasted Vegetables Peas
- Fresh Water Melon

### Tuesday Classics

- \* Italian Beef Meatballs
- V Quorn Meatballs
- Vg (GF) Rice
- Mixed Vegetables
- V (GF) Chocolate Chip Mousse
- Fresh fruit / Fruit Yoghurt

### Wednesday Roast

- (GF) Roast Chicken Fillet
- Vg Vegetable Fajita with Wrap
- Vg (GF) Roast Potatoes, Farmhouse Mixed Vegetables
- Fresh Fruit Selection

### Around the World Thailand

- Chicken Stir-Fry
- Vg Vegetable Stir-fry
- Vg (GF) Rice
- Mixed Green Beans & Peas
- V Vanilla Ice cream
- Fresh fruit

### Fishy Friday

- \* Breaded Cod fillet Burger in a \*bun
- V Vegetable Burger in a \*bun
- Vg (GF) Oven Chips & Baked Bean
- V Blueberry Muffin
- Fresh fruit

### Available Daily

- Fresh Wholemeal Ham, Cheese or Tuna Sandwich
- Baked Potatoes & Cheese
- Seasonal Side Salad

- Vg Vegan
- V Vegetarian
- (GF) Gluten free
- \* Gluten Free Available

## Week Five

W/C: 17/5, 21/6,

### Meat Free Monday

- V Baked Potato with choices of Baked Beans, Cheese or Tuna Or Roasted Vegetable Pasta
- Cucumber salad
- Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango)

### Tuesday Classics

- (GF) Chicken & Curry
- Vg (GF) Chickpea, Potato & Spinach Curry
- Vg (GF) Steamed Rice, & Carrots
- V Strawberries, Meringue & Cream
- Fresh fruit / Fruit Yoghurt

### Wednesday Roast

- (GF) Roast Chicken Fillet
- V Cauliflower & Broccoli Mornay
- Vg (GF) Roast Potatoes, V (GF) Gravy
- Farmhouse Mixed Vegetables
- Fresh Fruit Selection

### Around the World Italy

- Beef Pasta Bolognese
- Vg Lentil & Vegetable Pasta Bolognese
- Garlic Bread & Peas
- V (GF) Frozen Raspberry Yoghurt
- Fresh fruit

### Fishy Friday

- \* Breaded White fish Fillet
- Vg Vegetable Samosa
- Vg (GF) Oven Chips & Peas
- V Vanilla Chocolate Muffin
- Fresh Fruit

### Available Daily

- Fresh Wholemeal Ham, Cheese or Tuna Sandwich
- Baked Potatoes & Cheese
- Seasonal Side Salad

- Vg Vegan
- V Vegetarian
- (GF) Gluten free
- \* Gluten Free Available

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the products are manufactured.

## What a Year!

### Packed Lunches

While we understand that not all children prefer a school lunch, it is critically important that they also have a healthy lunch. So to ensure you are provided with the latest guidance we have created a

### 'What Good Looks Like' Guide

As part of our focus on healthy schools, we have looked at school packed lunches and produced a guide for parents to help ensure their child has the best possible opportunity to eat a nutritious balanced meal. Our Guide can be found on the school website. This has been constructed using the latest guidance along side The School Food Plan

### Sustainably Sourced

Our fish is all sustainably sourced. The Chicken we use is welfare and UK assured and comes from farms in East Anglia.

### FOOD MILES & SUPPLIERS

Our Greengrocer is less than a mile from our kitchen. Our Butcher is based in the Thames Valley. Our beef is sourced from farms in the South of England and most of our pork comes from the Windsor estate.

### BRONZE AWARD WINNERS!

We are proud to be working with the Soil Association and their

### Food For Life Campaign.

This ensures all children are fed a freshly cooked seasonal and sustainable meal on a daily basis.



V6-24/3/21