

Spring Menu 2020

Monday

Tuesday

Wednesday

Thursday

Friday

Week One

**06/01/20
27/01/20
24/02/20
16/03/20**

Option 1	Chicken Curry with 50/50 Rice	Sausage, Mashed Potatoes and Gravy	Mexican Organic Beef with Rice	Deli Day – Baguette & Wraps with Tomato Soup	Fishfingers [white fish] with Chips
Option 2	Lentil and Sweet Potato Curry with Rice	Linda McCartney Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	As above	Cheese and Tomato Quiche with Chips
Vegetables	Sweetcorn Cabbage	Cauliflower Broccoli	Carrots Green Beans	Cheese, Ham & Tuna fillings with a variety of salads	Baked Beans Peas
Dessert	Orange & Lemon Shortbread Yoghurt Fresh Fruit	Strawberry Smoothie Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Oaty Cookie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

Week Two

**13/01/20
03/02/20
02/03/20
23/03/20**

Option 1	Organic Beef Chilli & Rice	Chicken Stir Fry with Noodles or Rice	Roast (as advertised), Roast Potatoes and Gravy	Deli Day – Baguette & Wraps with Vegetable Soup	Breaded White Fish with Chips
Option 2	Chickpea Curry with Rice	Vegetarian Stir Fry with Noodles or Rice	Potato and Courgette Stack with Roast Potatoes	As Above	Cheese Frittata with Chips
Vegetables	Sweetcorn Tomatoes	Green Beans Cauliflower	Carrots Peas	Cheese, Ham & Tuna Fillings with a variety of salads	Baked Beans Peas
Dessert	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Jelly Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Apple Flapjack Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

Week Three

**20/01/20
10/02/20
09/03/20
30/03/20**

Option 1	Greek Pastichio	Cheese & Tomato Pizza with Wedges	BBQ Chicken with Rice	Deli Day – Baguette & Wraps with Tomato Soup	White Fish in Batter With Chips
Option 2	Mexican Beans with Rice	Vegetable Hotpot	Vegan Sausage Roll with Wedges	As Above	Homemade Vegetable Sausage with Chips
Vegetables	Carrots Peas	Sweetcorn Tomatoes	Green Beans Broccoli	Cheese, Ham & Tuna Fillings with a variety of salads	Baked Beans Peas
Dessert	Syrup Sponge & Custard Yoghurt Fresh Fruit	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Chocolate & Orange Brownie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

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.