

# Spring Menu 2020



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Week One

6/1/20  
27/1/20  
24/2/20  
16/3/20

Option 1	Chicken Curry with 50/50 Rice	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Tomato and Vegetable Pasta	Fishfingers/ Salmon Fishfingers with Chips
Option 2	Vegetarian Stir Fry with Rice	Linda McCartney Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Hotpot	Cheese and Tomato Quiche with Chips
Vegetables	Sweetcorn Broccoli	Cauliflower Cabbage	Carrots Green Beans	Roasted Vegetables	Baked Beans Peas
Dessert	Fruit Crumble & Custard Yoghurt Fresh Fruit	Pineapple Cake Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt Fresh Fruit	Chocolate Cookie Fresh Fruit or Yoghurt

### Week Two

13/1/20  
3/2/20  
2/3/20  
23/3/20

Option 1	Cheese and Tomato Pizza with New Potatoes	Sausage Roll with Wedges	Roast Turkey, Roast Potatoes and Gravy	Mexican Beef with Rice	Breaded Fish with Chips
Option 2	Chickpea Curry with Rice	Lentil and Sweet Potato Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes & Gravy	Soya Bolognese	Cheese Frittata with Chips
Vegetables	Sweetcorn Green Beans	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Oaty Cookie Yoghurt Fresh Fruit	Chocolate & Mandarin Cake Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Orange and Lemon Shortbread Yoghurt Fresh Fruit	Apple Flapjack Fresh Fruit or Yoghurt

### Week Three

20/1/20  
10/2/20  
9/3/20  
30/3/20

Option 1	Cheese and Beef Pizza With Potato Wedges	Chicken & Sweetcorn Pie with New Potatoes and Gravy	Roast Pork, Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice	Fish in Batter With Chips
Option 2	Mexican Beans with Rice	Macaroni Cheese	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegan Sausage Roll with Potato Wedges	Homemade Vegetable Sausage with Chips
Vegetables	Sweetcorn Peas	Swede and Carrot Mash	Cauliflower Green Beans	Broccoli Carrots	Baked Beans Peas
Dessert	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Orange & Lemon Shortbread Fresh Fruit or Yoghurt

#### 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.

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## Monday





## Tuesday

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## Thursday

## Friday

### Week One

Option 1	Chicken Curry with 50/50 Rice <b>C45</b> 	Pork Sausage, Mashed Potatoes and Gravy <b>P1</b>	Roast Chicken with Stuffing, Roast Potatoes and Gravy <b>C5</b>	Tomato and Vegetable Pasta <b>V160</b> 	Fishfingers/Salmon Fish Fingers with Chips <b>F1/ F6</b>
Option 2	Vegetarian Stir Fry with Rice <b>NEW</b> 	Linda McCartney Sausages, Mashed Potato and Gravy <b>V147</b> 	Vegetable Wellington with Roast Potatoes and Gravy <b>V12</b> 	Vegetable Hotpot <b>V41</b> 	Cheese and Tomato Quiche with Chips <b>V82</b>
Vegetables	Sweetcorn Peas	Cauliflower Cabbage	Carrots Green Beans	Roasted Vegetables	Baked Beans Peas
Dessert	Fruit Crumble & Custard Yoghurt Fresh Fruit 	Pineapple Cake <b>D164</b> Yoghurt Fresh Fruit	Apple, Cheese and Crackers <b>D4</b> Yoghurt Fresh Fruit	Syrup Sponge with Custard <b>NEW</b> Yoghurt Fresh Fruit	Chocolate Cookie Fresh Fruit and Yoghurt Station

### Week Two

Option 1	Cheese and Tomato Pizza with New Potatoes <b>V31</b> 	Sausage Roll with Potato Wedges <b>NEW</b>	Roast Turkey with Roast Potatoes and Gravy	Mexican Beef with Rice <b>NEW</b> 	Breaded Fish with Chips <b>F7</b>
Option 2	Chickpea Curry with Rice <b>V62</b> 	Lentil and Sweet Potato Curry with Rice <b>V108</b> 	Cheese & Pepper Whirl with Roast Potatoes & Gravy	Soya Bolognaise <b>V18</b> 	Cheese Frittata with Chips <b>V24</b>
Vegetables	Sweetcorn Green Beans	Peas Cauliflower	Fresh Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Oaty Cookie Fruit 	Chocolate & Mandarin Cake <b>V2</b> Yoghurt Fresh Fruit	Apple, Cheese and Crackers <b>D4</b> Yoghurt Fresh Fruit	Orange and Lemon Shortbread <b>NEW</b> Yoghurt Fresh Fruit	Apple Flapjack <b>D171</b> Fresh Fruit and Yoghurt Station

### Week Three

Option 1	Cheese and Beef Pizza with Potato Wedges <b>NEW</b> 	Chicken & Sweetcorn Pie with New Potatoes and Gravy <b>C21</b>	Roast Pork with Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice <b>B7</b>	Fish in Batter With Chips <b>F3</b>
Option 2	Mexican Beans with Rice <b>V138</b> 	Macaroni Cheese <b>V11</b>	Quorn Roast Fillet with Roast Potatoes and Gravy <b>V150</b>	Vegan Sausage Roll with Potato Wedges <b>NEW</b> 	Homemade Vegetable Sausage with Chips <b>V125</b>
Vegetables	Sweetcorn Peas	Swede and Carrot Mash	Green Beans Cauliflower	Broccoli Carrots	Baked Beans Peas
Dessert	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit 	Banana Sponge and Custard <b>D173</b> Yoghurt Fresh Fruit	Apple, Cheese and Crackers <b>D4</b> Yoghurt Fresh Fruit	Chocolate and Mandarin Brownie <b>D170</b> Yoghurt Fresh Fruit	Orange & Lemon Biscuit Fresh Fruit and Yoghurt Station

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