

THREE WEEK MENU

Spring/Summer 2023

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN



YOUR FAVOURITES AVAILABLE EVERY DAY



WEEK 1 MENU

W/C: 17/04, 8/05, 29/05, 19/06, 10/07.

MONDAY


TUESDAY


WEDNESDAY


THURSDAY



FRIDAY

Hot Main Dish
British

Macaroni Cheese
Cheesy macaroni pasta 



Cheese & Tomato Pizza 
Garlic & Herb Bread Wedge


Vegan Sausage Casserole with
Roast Potatoes and Gravy 
Plant sausages in a rich casserole



Vegetarian Bolognese 
A delicious Bolognese with Garlic
& Herb Bread Wedge 



Breaded Fish Fingers
With Chips, Beans and Peas


Hot Main Dish
Indian

Chickpea & Potato Curry
Wholegrain Rice  

Mixed Lentil Curry  
Wholegrain Rice

Potato Curry  
Khadi

Moong Bean Curry  
Wholegrain Rice

Vegetable Nuggets and Chips  

Salads

A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot

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Vegetables

Carrots & Peas  

Green Beans & Salad  

Carrots and Cabbage  

Broccoli and Sweetcorn  

Baked Beans and Peas  

Desserts

ORANGE DRIZZLE SPONGE - EGG
FREE

CHOCOLATE BROWNIE GF - EGG
FREE
With Custard

Shortbread Biscuit
with Fruit Slices

Apple Crumble- EGG FREE
With Custard

YOGHURT BLUEBERRY CAKE - EGG
FREE

SPRING/SUMMER

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

WEEK 2 MENU

W/C: 24/04, 15/05, 05/06, 26/06, 17/07.

MONDAY



TUESDAY


WEDNESDAY



THURSDAY



FRIDAY

Hot Main Dish British

Veggie Pasta Bolognese
Tomato Pizza Bread  



Sweet Chilli Vegetable Noodles
With Rice Noodles 



Vegetable Pie with a Cheesy Shortcrust topper
 



Chinese Vegetarian Rice
 



Vegetable Nuggets and Chips




Hot Main Dish Indian

Black Eyed Bean Curry
Wholegrain Rice  

Potato Curry - Khichadi
Khadi  

Kidney Bean & Sweetcorn Curry
Wholegrain Rice  

Vegetable Curry
Wholegrain Rice  

Mixed Lentil Curry
Wholegrain Rice  

Salads

A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



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Vegetables

Carrot & Cucumber Sticks
 

Peas and Broccoli
 

Carrots and Cabbage
 

Green Beans and Sweetcorn
 

Baked Beans and Peas
 

Desserts

CHOCOLATE CRUNCHY BISCUIT - EGG FREE
Served with fruit slices

PEACH SLICE SPONGE GF - EGG FREE
With Custard

RASPBERRY YOGHURT CAKE GF - EGG FREE
With Custard

CHOCOLATE BROWNIE GF- EGG FREE
With Orange wedges

VANILLA SPONGE GF - EGG FREE
With Custard

SPRING/SUMMER

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

WEEK 3 MENU

W/C: 01/05, 22/05, 12/06, 03/07.

MONDAY



TUESDAY


WEDNESDAY



THURSDAY

FRIDAY


Hot Main Dish British

Pesto Pasta Bake
Peas & Carrots  



Vegetable Chow Mein
Broccoli & Sweetcorn 



Vegetable Pastry Roll
Roast potatoes veg and Gravy  


Vegetarian Cottage Pie
with Gravy & Veg  



Vegan Meatballs in Tomato Sauce
Chips & Peas 


Hot Main Dish Indian

Potato Curry - Khichadi  
Khadi

Moong Bean Curry  
Wholegrain Rice

Vegetable Curry  
Wholegrain Rice

Black Eyed Bean Curry  
Wholegrain Rice

Vegetable Shak  
Wholegrain Rice

Salads

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Vegetables

Peas and Carrots  

Broccoli and Sweetcorn  

Carrots and Cabbag  

Carrots and Green Beans  

Baked Beans and Peas  

Desserts

ORANGE DRIZZLE SPONGE - EGG FREE
With Fruit Slices

PEAR UPSIDE DOWN CAKE GF - EGG FREE
With Custard

Strawberry Ice Cream

JAM SPONGE - EGG FREE
With Custard

FLAPJACK- EGG FREE
With Banana

SPRING/SUMMER

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice