

Spring/Summer 2017

Week One

24 April/15 May/12 June/3 July

Monday

Chicken pie with puff pastry top 2
Vegetable cottage pie with sweet potato 2, 4, 7
Mashed potatoes, peas, carrots
Yoghurt, fresh fruit 2, 7

Tuesday

Spaghetti bolognese 2
Vegetarian bolognese 2, 4, 7, 13
Garlic bread 2
Shortbread, fresh fruit 2, 7

Wednesday

Hotdogs 2
Vegetable sausage and bean casserole 2, 4, 13
Herbie potatoes, beans 2
Artic roll, fresh fruit 2, 7

Thursday

Roast chicken with stuffing 2
Quorn escalope 2, 4, 7, 13
Roast potatoes, cauliflower, broccoli, carrots
Jelly, fresh fruit 2

Friday

Breaded fish fillet 2, 5
Cheese and onion pasties 2, 4, 8
Baked wedges, spaghetti hoops 2
Chocolate muffins, fresh fruit 2, 4, 7

Gluten/dairy free options available

Week Two

2 May/22 May/19 June/10 July

Monday

Spanish chicken with savoury rice and seasonable vegetables 2
Vegetable pasta 2
Mousse, fresh fruit 7

Tuesday

Meatballs, spaghetti and garlic bread 2, 7
Vegetable balls 2, 4, 7, 13
American pancakes with ice-cream, fresh fruit 7

Wednesday

Chicken burgers with waffles 2, 12
Macaroni cheese 2, 4, 7
Sweetcorn 2
Homemade cookies, fresh fruit 2, 7

Thursday

Roast pork with stuffing 2
Quiche 2, 4, 7
Roast potatoes, cauliflower, carrots, broccoli
Squeezy jelly, fresh fruit 7

Friday

Fish fingers 2, 5
Fish pie 2, 4, 7, 8
Herbie diced potatoes and beans 2
Flapjack, fresh fruit 2, 4, 7

Gluten/dairy free options available

Week Three

8 May/5 June/26 June/17 July

Monday

Homemade beef lasagne 2, 7
Vegetarian lasagne 2, 4, 7, 13
Garlic bread, seasonal vegetables 2
Ice-cream pots, fresh fruit 2, 7

Tuesday

Butcher's finest sausages in onion gravy 2
Quorn sausages 2, 4, 7
Mashed potatoes, sweetcorn, peas 7
Chocolate cracknell, fresh fruit 2

Wednesday

Pepperoni pizza and Margarita pizza 2, 7
Filled jacket potatoes 2
Wedges and beans 2
Doughnuts, fresh fruit 2, 4, 7

Thursday












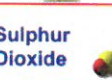


Roast gammon and Yorkshire pudding 2
Cauliflower cheese 2, 7
Roast potatoes, cauliflower, carrots, broccoli
Raspberry smoothie, fresh fruit 2, 7

Friday

Fish cakes 2, 5
Vegetable kiev 2, 7
Croquette potatoes, spaghetti hoops 2
Cheesecake, fresh fruit 2, 7

Gluten/dairy free options available

Allergens Key

	1	Celery
	2	Cereal containing gluten
	3	Crustaceans
	4	Eggs
	5	Fish
	6	Lupin
	7	Milk
	8	Molluscs eg fish/snails/squid/welks/oysters
	9	Mustard
	10	Nuts
	11	Peanuts
	12	Sesame seeds
	13	Soya
	14	Sulphur dioxide

Menu

Autumn/Winter 2016

Balanced
Good Quality
Nutrition

Compassion

Respect

Truth

Service

Forgiveness

