








Spring Menu 2022

 Added Plant Power

 Vegan

 Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01 24/01 21/02 14/03	Option 1	Lentil & Sweet Potato Curry with 50/50 Rice  	Pork Sausages * with Potato Wedges	Roast Beef * with Roast Potatoes and Gravy	Beef Chilli * with 50/50 Rice 	MSC Fish in Batter with Chips Chips and Tomato Sauce
	Option 2	Vegetable & Bean Fajitas with 50/50 Rice  	Vegan Sausages with Potato Wedges 	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Wholemeal Cheese & Tomato Quiche with Chips
	Vegetables	Peas Mixed Peppers	Baked Tomatoes Sweetcorn	Carrots Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
	Dessert	Pear & Strawberry Crumble with Custard 	Rice Pudding with Berries	Fruit & Yoghurt Station	Ice Cream with Mandarins	Chocolate Cake with Chocolate Sauce
Week Two 10/01 31/01 28/02 21/03	Option 1	Cheese & Tomato Pizza with Potato Wedges 	Beef Bolognese * with Pasta 	Roast Pork * with Roast Potatoes and Gravy	BBQ Chicken * with 50/50 Rice 	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Vegan Meatballs in Tomato Sauce with Pasta 	Shepherdess Pie with Gravy 	Vegetable Pasty with Roast Potatoes and Gravy 	Cheese and Pepper Frittata with New Potatoes	Mexican Bean Roll with Chips 
	Vegetables	Sweetcorn Broccoli	Carrots Peas	Fresh Mixed Vegetables	Sweetcorn Cauliflower	Baked Beans Garden Peas
	Dessert	Mixed Fruit Crumble with Custard 	Fruit & Yoghurt Station	Vanilla Shortbread with Yoghurt	Apple Cake with Custard	Chocolate & Mandarin Brownie
Week Three 17/01 07/02 07/03 28/03	Option 1	Macaroni Cheese	Beef Burger in a Bun * with Wedges	Roast Chicken * with Stuffing, Roast Potatoes and Gravy	Chicken Tikka * with 50/50 Rice  	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	Option 2	Roasted Cauliflower Curry with 50/50 Rice 	Quorn Burger in a Bun with Wedges	Vegetable Wellington with Roast Potatoes and Gravy 	Tomato and Lentil Pasta 	Cheese & Tomato Pizza with Chips 
	Vegetables	Broccoli Sweetcorn	Baked Tomatoes Green Beans	Carrots Cauliflower	Roasted Vegetables Sweetcorn	Baked Beans Garden Peas
	Dessert	Lemon Drizzle Cake	Pear & Chocolate Crumble with Custard 	Fruit & Yoghurt Station	Peach Upside Down Cake with Custard	Raspberry Jelly with Peaches 

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 the school 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 the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.

*** HALAL OPTION AVAILABLE**