

21ST APRIL
12TH MAY
9TH JUNE
30TH JUNE

MAIN MEALS

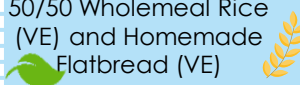
21ST JULY
1ST SEPT
22ND SEPT
13TH OCT

Option One

Caribbean Butterbean Stew (VE) with Rice and Peas (VE)



Creamy Chickpea and Coconut Curry (VE) with 50/50 Wholemeal Rice (VE) and Homemade Flatbread (VE)



Roast Quorn (VE) with Roast potatoes, stuffing and gravy



Creamy Cheese and Butterbean Macaroni (V) with Garlic and Herb Bread (VE)

Homemade Beetroot and Lentil Burger (VE) with Chips (VE)



Option Two

Vegetarian Lasagne with Herby Garlic Bread



Chicken Jollof Rice



Roast chicken with Roast potatoes, stuffing and gravy



BBQ Quorn (VE) with New Potatoes (VE)



Fishfingers with chips and tomato sauce



Option Three

Jacket Potato with Tuna Mayonnaise

Jacket Potato (VE) with Cheese (V) or Vegan Sheese (VE)



Jacket Potato (VE) with Baked beans (VE)



Jacket Potato (VE) with Tuna mayonnaise

Jacket Potato (VE) with Cheese (V)



Vegetables

Sweetcorn (VE)
Cauliflower (VE)



Carrots (VE)
Courgettes (VE)



Cauliflower (VE)
Green Beans (VE)



Broccoli (VE)
Red Cabbage (VE)



Baked Beans (VE)
Peas (VE)



Salad Bar

Roasted Chickpea Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Diced Peppers (VE)
Coleslaw (V)



Beetroot and Orange Salad (VE)
Tomato Pasta (VE)
Olives (VE)
Lettuce (VE)
Tomatoes (VE)



Roasted Sweet Potato (VE)
Lettuce (VE)
Pepper Sticks (VE)
Cucumber (VE)
Carrot Sticks (VE)



Rainbow Slaw (VE)
Green Beans (VE)
Cucumber (VE)
Tabbouleh Salad (VE)
Beetroot (VE)



Lettuce (VE)
Tomatoes (VE)
BBQ Noodle Salad (V)
Grated Carrot (VE)
Sweetcorn (VE)



DESSERT

Dessert

Yoghurt (V) and Fresh Fruit (VE)



Wholemeal Peach and Carrot Cake (V) & Custard (VE)



Yoghurt (V) with Fresh Fruit (VE)



Yoghurt (V) and Fresh Fruit (VE)



Strawberry Jelly with Peaches and Mandarins (VE)



MENU KEY

Added Plant Protein (50% of the protein is from a plant-based source)



Wholemeal

Planet Friendly, Low Carbon Option



Local Red Tractor Meat



Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan



ALLERGY INFORMATION:

If you would like to know about particular allergens in foods 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 allergen cross contact.

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) - Fresh Fruit (VE) - Natural Yoghurt (V) - Drinking Milk (V)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28TH APRIL
19TH MAY
16TH JUNE
7TH JULY
8TH SEPT

MAIN MEALS

29TH SEPT
20TH OCT

Option One

Spicy Vegetable
Lentil Couscous (VE)
with
Sweetcorn Bread (VE)

Chickpea and
Vegetable
Biryani V(VE)
with Turmeric
Bread (VE)

Roasted Quorn) with
Mash potato, stuffing
and gravy (VE)

Beetroot, Butternut
Squash and Lentil
Wellington V(VE)
with Mashed Potatoes
and Gravy (VE)

Wholemeal Cheese
and
Tomato Quiche (V)
with Steamed New
Potatoes (VE)

Option Two

5bean Mexican Chilli
(VE) with 50/50
Wholemeal Rice (VE),
and Sweetcorn
Bread (VE)

Hearty Beef & Lentil
Bolognese
with Wholemeal
Penne

Roast Chicken,
Stuffing , Mashed
Potatoes and
Gravy

Caribbean Spiced
Chicken Curry
with Rice and Peas

Breaded Fish with
Chips and Tomato
Sauce

Option Three

Jacket Potato (VE)
with Cheese (V) or
Vegan Sheese
(VE)

Jacket Potato (VE) with
Baked Beans (VE)

Jacket Potato with
Tuna and Sweetcorn
Mayonnaise

Jacket Potato (VE) with
Baked Beans (VE)

Jacket Potato (VE) with
Cheese (V)

**VEGETABLES
AND SALAD**

Vegetables

Peas (VE)
Cauliflower (VE)

Carrots (VE)
Courgettes (VE)

Cauliflower (VE)
Green Beans (VE)

Broccoli (VE)
Red Cabbage (VE)

Peas (VE)
Baked Beans (VE)

Salad Bar

Grated Carrot (VE)
Cucumber Sticks (VE)
Sweet Potato Power
Salad (VE)
Tomato Salsa (VE)
Beetroot (VE)

Lettuce (VE)
Tomato Pasta (VE)
Olives (VE)
Carrot Sticks (VE)
Cucumber Slices (VE)

Roasted Vegetable
and Lentil Salad (VE)
Carrot Sticks (VE)
Mixed Lettuce (VE)
Green Beans (VE)
Diced Pepper (VE)

Coleslaw (V)
Mixed Bean Salad (VE)
Cucumber (VE)
Pepper Sticks (VE)
Sweetcorn (VE)

Beetroot (VE)
Rainbow Slaw (VE)
Iceberg Lettuce (VE)
Tomatoes (VE)
Couscous Salad (VE)

DESSERT

Dessert

Yoghurt (V) and Fresh
Fruit (VE)


Mandarin Sponge Cake
with Custard (VE)

Yoghurt (V) and Fresh
Fruit (VE)

Yoghurt (V) and Fresh
Fruit (VE)

Peach and Strawberry
Crumble (VE)
With Custard (VE)


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(50% of the protein
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based source)

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 Planet Friendly, Low
Carbon Option

 Local Red
Tractor Meat

 Local, Seasonal
Fruit & Veg
(V) Vegetarian
(VE) Vegan

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5TH MAY
2ND JUNE
23RD JUNE
14TH JULY

MAIN MEALS

15TH SEPT
6TH OCT

Option One

Rainbow Pizza Slices (V) with Pasta Salad (VE)

Option Two

Tomato, Lentil and Roasted Vegetable Wholemeal Penne Pasta (VE)

Option Three

Jacket Potato with Tuna Mayonnaise

Turkish Vegan Soya Kofta (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)

Roast Quorn (VE) with Roast potatoes, stuffing and gravy

Chinese Black Bean Vegetable Noodles (V)

Lentil and Basil Whirl (VE) with Steamed New Potatoes (VE)

Peri-Peri Chicken with Potato Wedges, Sweetcorn Salsa and Roasted Vegetable and Olive Bread

Roast Chicken with Roast Potatoes, stuffing and Gravy

Beef & onion Pie Sweet Potato wedges

Fishfingers with Chips and Tomato Sauce

Jacket Potato (VE) with Baked Beans (VE)

Jacket Potato (VE) with Cheese (V) or Vegan Sheese (VE)

Jacket Potato (VE) with Baked Beans

Jacket Potato with Cheese (V)

VEGETABLES AND SALAD

Vegetables

Baked Beans (VE) Broccoli (VE)

Carrots (VE) Peppers (VE)

Peas (VE) Cauliflower (VE)

Sweetcorn (VE) Carrots (VE)

Coleslaw (V) Green Beans (VE)

Salad Bar

Tomatoes (VE) Beetroot (VE) Grated Carrot (VE) Butternut Squash (VE) Mixed Lettuce (VE)

Rainbow Slaw (VE) Olives (VE) Cucumber Sticks (VE) Green Bean Salad (VE) Vegetable Pasta Salad (VE)

Sweet Potato Salad (VE) Carrot Sticks (VE) Diced Pepper (VE) Sweetcorn Salsa (VE) Tomatoes (VE)

Apple and Raisin Salad (V) Cucumber Slices (VE) Grated Carrot (VE) Mixed Lettuce (VE) Pepper Sticks (VE)

Mixed Bean Salad (VE) Beetroot (VE) Iceberg Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)

DESSERT

Dessert

Yoghurt (V) and Fresh Fruit (VE)


Yoghurt (V) and Fresh Fruit (VE)

Apple and Pear Crumble with Custard

Pineapple Upside Down Cake

Yoghurt (V) and Fresh Fruit (VE)


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