

SPRING MENU 2021

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 4 Jan 25 Jan 22 Feb 15 Mar	Option 1	MEAT FREE MONDAY Macaroni Cheese 	Chicken Sausages, Mashed Potatoes & Gravy	Roast Beef with Stuffing & Gravy served with Roast Potatoes or Plain Pasta	Chicken Tikka Curry with 50/50 Rice  	Fish Fingers / Salmon  Fish Fingers with Oven Baked Chips or Couscous
	Option 2	Vegetable & Red Kidney Bean Pasta Bake 	Vegetarian Sausages, Mashed Potatoes & Gravy 	Vegetable Wellington with Stuffing & Gravy served with Roast Potatoes or Plain Pasta 	Chickpea Curry with 50/50 Rice 	Spanish Omllette with Oven Baked Chips or Couscous
	Vegetables	Sweetcorn Peppers	Cauliflower Florets Cabbage	Swede & Carrot Mash Green Beans	Broccoli Carrots	Baked Beans Peas Baked Tomato
	Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Crumble & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK TWO 11 Jan 1 Feb 1 Mar 22 Mar	Option 1	MEAT FREE MONDAY Sweet & Sour Butter Bean with Vegetables with Couscous	Mexican Beef Chilli with 50/50 Rice 	Roast Chicken with Gravy served with Roast Potatoes or Plain Pasta	<i>Soup day</i>	Fish in Batter with Oven Baked Chips or Sweet Potato Mash
	Option 2	Quorn Chow Mein with Egg Noodles	Five Bean Chilli with 50/50 Rice 	Chickpea & Vegetable Loaf with Gravy served with Roast Potatoes or Plain Pasta 	Lentil & Sweet Potato Curry with 50/50 Rice 	Cheese & Tomato Quiche with Chips or Sweet Potato Mash
	Vegetables	Sweetcorn Broccoli	Green Beans Carrots	Cauliflower Florets Red Cabbage	Broccoli Baked Tomatoes	Baked Beans Peas
	Dessert	Yoghurt / Fresh Fruit	Blackberry & Apple Cobbler with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK THREE 18 Jan 8 Feb 8 Mar 29 Mar	Option 1	MEAT FREE MONDAY Mixed Vegetable Wholemeal Pizza 	<i>T w Jacket Potato</i> 	Roast (as advertised), with Gravy served with Roast Potatoes or Plain Pasta	Beef Bolognese with Wholemeal Spaghetti 	Breaded Fish with Oven Baked Chips or Steamed New Potato
	Option 2	Cheese & Tomato Wholemeal Pizza 	Lentil & Basil Whirl with Mash Potato & Gravy 	Bean & Lentil Burger with Gravy served with Roast Potatoes or Plain Pasta 	Soya & Vegetable Bolognese with Wholemeal Spaghetti 	Mixed Pepper Frittata with Oven Baked Chips or Steamed New Potato
	Vegetables	Cauliflower Florets Baked Tomatoes	Sweetcorn Broccoli	Green Beans Red Cabbage	Broccoli Carrots	Baked Beans Peas
	Dessert	Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
www.msc.org
Chair of Custody
Reg Code: MML-C1009

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.