

# Spring Menu 2020



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Week 1

06/01/2020  
27/01/2020  
24/02/2020  
16/03/2020

Option 1	Chicken Curry with 50/50 Rice	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	French Bread Cheese & Tomato Pizza with Paprika wedges.	Fishfingers/ Salmon Fishfingers with Chips
Option 2	Lentil and Sweet Potato Curry with Rice	Linda McCartney Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Cheese and Tomato Quiche with Chips
Vegetables	Sweetcorn Cabbage	Cauliflower Broccoli	Carrots Green Beans	Roasted Vegetables	Baked Beans Peas
Dessert	Apple Flapjack Yoghurt Fresh Fruit	Pineapple Cake Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

### Week 2

13/01/2020  
03/02/2020  
02/03/2020  
23/03/2020

Option 1	Cheese and Tomato Pizza	Sausage Roll with Wedges	Roast Turkey Roast Potatoes and Gravy	Mexican Beef with Rice	Breaded Fish with Chips
Option 2	Chickpea Curry with Rice	Vegan Sausage Roll with Wedges	Quorn Roast Fillet with Roast Potatoes and Gravy	Soya Bolognaise	Cheese Frittata with Chips
Vegetables	Sweetcorn Tomatoes	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Orange and Lemon Shortbread Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

### Week 3

20/01/2020  
10/02/2020  
09/03.2020  
30/03/2020

Option 1	Chicken Stir Fry with Noodles or Rice	Chicken & Sweetcorn Pie with New Potatoes and Gravy	Roast Pork Roast Potatoes and Gravy	Cheese and Beef Pizza with Wedges	Fish in Batter With Chips
Option 2	Vegetarian Stir Fry with Noodles or Rice	Vegetable Hotpot	Potato and Courgette Stack with Roast Potatoes	Cheese & Tomato Pizza With Wedges	Homemade Vegetable Sausage with Chips
Vegetables	Green Beans Cauliflower	Swede and Carrot Mash	Carrots Peas	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Oaty Cookie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

#### 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.