



# Summer Term 2021

# Lunch Menu

WEEKS 1, 4, 7, 10					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks</b>	Cheese scone	Warm sausage roll	American cookie	Wholegrain pitta pizza	Lemon drizzle
<b>Pre Prep Snacks</b>	Fruit / Breadsticks / Popcorn / Cheese				
<b>Main Meal</b>	Hungarian Beef Goulash	Homemade Meat balls or Tuna & sweetcorn pasta bake	Roast of the week	Sticky BBQ Chicken with Salsa	Battered Jumbo Cod fish finger with a Tortilla wrap
<b>Vegetarian Option</b>	Macaroni & lentil cheese bake	Roasted vegetable & chick pea rice pots	Spinach & feta sausage Roll	Jumbo mushrooms stuffed with spicy Quorn	Tomato, mozzarella & basil puff pastry tart
<b>Side Dishes</b>	Mashed potato with cabbage and bacon carrot rings sugar snaps	50/50 pasta sweetcorn whole green beans	Roast potato Hasselback potatoes cabbage broccoli Yorkshire pudding	Rice noodles or Egg noodles Steamed carrots grilled vegetable	Chunky chips Sweetcorn Low salt/sugar beans
<b>Help Yourself Protein</b>	Ham, cheese, tuna	Cheese, egg, salami	Mackerel, cheese, egg	Ham, cheese, tuna	Ham, cheese, egg
<b>Alternative Carbs</b>	50/50 Pasta	Baked potato	50/50 Penne pasta	Baked potato	Pasta spirals
<b>Desserts</b>	Apple & summer berry oaty crumble	Fresh fruit pots Yoghurt	Beetroot brownie	Fresh fruit pots Yoghurt	Apple cake Custard
	<u>Served daily.</u> Fruit yoghurt, fresh fruit pots,				
<b>Help Yourself Salad</b>	Carrot sticks, cucumber, tomatoes, lettuce, peppers, served in individual pots Freshly baked bread				

# Summer Term 2021

# Lunch Menu



WEEKS 2, 5, 8, 11					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks</b>	Sweet chilli & cheesy Popcorn bites	Melted cheese baguette	Warm sausage roll	Blueberry muffin	Warm flapjack
<b>Pre Prep Snacks</b>	Fruit / Breadsticks / Popcorn / Cheese				
<b>Main Meal</b>	Roast of the week	Grilled chicken with red lentils & tomato sauce on the side	Lasagne Couscous with flaked salmon	Chicken noodle pots	Battered white fish or Cumberland pork sausages
<b>Vegetarian Option</b>	Butternut squash & mixed bean risotto with herbs	Halloumi bubble & squeak cake with salsa	Chinese chicken noodle box	Vegetable & cheese burger	Quorn sausages
<b>Side Dishes</b>	Green beans battered carrots roast potatoes	50/50 pasta sweetcorn broccoli	New potatoes garlic bread summer leaf salad sugar snaps	Egg noodles steamed carrot sweetcorn	Mashed potato with bacon and cabbage peas grilled tomato
<b>Help Yourself Protein</b>	Ham, cheese, egg	Egg, cheese, tuna	Ham, cheese	Cheese, tuna, salami	Cheese, egg
<b>Alternative Carbs</b>	50/50 pasta	Baked potato	50/50 pasta	50/50 Pasta	50/50 Penne pasta
<b>Desserts</b>	Raisin shortbread	Fresh fruit Wednesday yoghurt	Sweetened by nature chocolate mouse	Fresh fruit pots yoghurt	Apple crumble
<u>Served daily:</u> Fruit yoghurt, fresh fruit.					
<b>Help Yourself Salad</b>	Carrot sticks, cucumber, tomatoes, lettuce, pepper, served in individual pots Freshly baked bread				

# Summer Term 2021

# Lunch Menu



WEEKS 3, 6, 9					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks</b>	Cheese & bacon roll	Oat cookie	Sausage in finger roll	Warm seeded flapjack	French bread pizza
<b>Pre Prep Snacks</b>	Fruit / Breadsticks / Popcorn / Cheese				
<b>Main Meal</b>	Spaghetti Bolognese	Roast of the Week	Pizza	Chunky chicken bake or Cod Mornay	BBQ
<b>Vegetarian Option</b>	Tangy macaroni cheese	Baked sweet potato & Quorn moussaka	Cauliflower, broccoli & mushrooms Brie cheese bake	Vegetable and feta quiche	Spicy bean burger In a roll
<b>Side Dishes</b>	Sweetcorn battered carrots	New potatoes steamed peas	Roast potatoes green beans	Baked jacket wedges baked beans sweetcorn	Crudit� filled pots
<b>Help Yourself Protein</b>	Cheese, ham, tuna	Cheese, tuna, egg	Egg, cheese, mackerel	Ham, cheese, tuna	Sliced cheese
<b>Alternative Carbs</b>	Jacket potato	50/50 Pasta spirals	50/50 Penne pasta	50/50 pasta	Assorted rolls
<b>Desserts</b>	Honey, popcorn crispy squares (sweetened with natural sugars)	Fresh fruit Tuesday yoghurt pots	Sweetened by nature chocolate & coconut mousse	Fresh fruit pots fruit yoghurt	Fruit smoothie cups Fresh fruit basket
	<u>Served daily:</u> Fruit yoghurt, fresh fruit pots				
<b>Help Yourself Salad</b>	Carrot sticks, cucumber, tomatoes, lettuce, peppers, served in individual pots Freshly baked bread				