



















**Spring/ Summer Menu 2022 Option B**

-  Added Plant Power
-  Vegan
-  Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>  31/1/22 24/1/22 14/2/22 14/3/22 4/4/22	Option 1	Tomato & Vegetable Pasta 	Beef Burger in a Bun with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Broccoli & Cheese Pasta Bake	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b>  10/1/22 31/1/22 28/2/22 21/3/22	Option 1	Macaroni Cheese	Spaghetti Bolognese 	Roast Beef, Roast Potatoes & Gravy	BBQ Chicken Pizza 	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognese 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Crumble 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Shortbread Biscuit
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b>  17/1/22 7/2/22 7/3/22 28/3/22	Option 1	Cheese & Tomato Pizza 	Beef Lasagne with Garlic Bread 	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Falafel with Lemon & Herb Couscous 	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf	Chocolate Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

**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 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 cross contamination.

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<b>Week One</b>	Option 1	Tomato Pasta #V160 #SD11	Beef Burger in a Bun with Potato Wedges #B5 #SD17 #SD6	Roast Beef, Roast Potatoes & Gravy #B4 #SD7/#SD82 #SD107	Chinese Chicken Curry with Rice #C46 #SD84	Breaded Fish with Chips & Tomato Sauce #F7 #SD5 #SD14
	Option 2	Spanish Omelette with New Potatoes #V9 #SD2	BBQ Quorn Fillet with Rice #V205 #SD84	Vegetable Wellington with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD107	Broccoli and Cheese Pasta Bake #V51	Vegan Mexican Roll with Chips & Tomato Sauce #V161 #SD5
	Vegetables	Cucumber #SD30 Rainbow Slaw #SD92	Sweetcorn #SD19 Mixed Peppers #SD26	Cabbage #SD35 Broccoli #SD20	Green Beans #SD24 Carrots #SD28	Peas #SD18 Baked Beans #SD22
	Dessert	Carrot & Courgette Cake with Custard #D174 #D2	Apple & Raisin Flapjack #D59	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie #D195	Peaches & Ice Cream #D166 #D13
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b>	Option 1	Macaroni Cheese #V11	Spaghetti Bolognese #B37 #SD8	Roast Chicken, Roast Potatoes, Stuffing & Gravy #C5 #SD7/#SD82 #SD40 #SD107	BBQ Chicken Pizza with Potato Wedges #C83 #SD6	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce #F6/F1 #SD5 #SD14
	Option 2	Vegetable Curry with Rice #V108 #SD84	Vegan Spaghetti Bolognese #V169 #SD8	Roast Quorn, Roast Potatoes, Stuffing, & Gravy #V204 #SD7/#SD82 #SD40 #SD107	Vegan Burger in a Bun with Wedges & Tomato Sauce #V164 #SD17 #SD6 #SD14	Cheese & Bean Pasty with Chips #V191 #SD5
	Vegetables	Sweetcorn #SD19 Cauliflower #SD27	Mixed Peppers #SD26 Green Beans #SD24	Carrots #SD28 Peas #SD18	Broccoli #SD20 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
	Dessert	Apple & Berry Crumble with Ice Cream #D74 #D13	Lemon Drizzle Cake #D168	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce #D169 #D3	Apple, Cheese & Crackers #D4