

# School Dinners

| Week 1  |  |  |  |  |   |
|---|--|--|--|--|---|
| Weeks Commencing: 9 <sup>TH</sup> April, 30 <sup>TH</sup> April, 21 <sup>ST</sup> May, 18 <sup>TH</sup> June, 9 <sup>TH</sup> July 2018   |  |  |  |  |   |
| Options   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
| <b>Main</b>   | Sausage, mash, carrots, peas & gravy<br>MK                         | Chicken fricassee, rice, green beans & carrots<br>G              | Roast gammon, new potatoes, cabbage, carrots & parsley sauce<br>G, MK        | Meat fest pizza, potato wedges, homemade coleslaw<br>G, MK       | Fish, chips & peas<br>G   |
| <b>Vegetarian</b>   | Quorn sausage, mash carrots, peas & gravy<br>E, MK                 | Quorn fricassee, rice, green beans & carrots<br>G, MK            | Quorn roast roll, new potatoes, cabbage, carrots & parsley sauce<br>E, G, MK | Vegie delight pizza, potato wedges, homemade coleslaw<br>G, MK   | Quorn dippers, chips & peas<br>F, G                               |
| <b>3<sup>rd</sup> option</b>  | Jacket potato choice of toppings cheese, beans or tuna<br>F, G, MK | Chicken mayo or Quorn mayo roll<br>MK                            | Jacket potato choice of toppings cheese, beans or tuna<br>G, MK, F           | Cheese & tomato pasta pot<br>G, MK                               | Jacket potato choice of toppings cheese, beans or tuna<br>M, F, G |
| <b>Dessert</b>  | Apple flapjack<br>G  | Chocolate brownie<br>G   | Coconut cookie<br>G  | Fruit jelly, topped with cream<br>MK                             | Syrup sponge, cream custard<br>M, G                               |
| (G) = Gluten<br>(E) = Egg<br>(F) = Fish<br>(MK) = Milk<br>(SY) = Soya   | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK   | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK             | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK  |
| <p>Fresh salad bar, bread, fruit, water, milk and fruit juice are available daily<br/>                     All our meat is locally sourced and only MSC Fish is used. Fresh vegetables are used where appropriate.<br/>                     Please ask a kitchen member of staff, if you are unsure with any Allergens.</p> |  |  |  |  |   |

# School Dinners

Week 2

Weeks Commencing: 16<sup>th</sup> April, 7<sup>th</sup> May, 4<sup>th</sup> June, 25<sup>th</sup> June, 16<sup>th</sup> July 2018

| Options   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|---|--|--|---|--|
| Main  | Ham & cheese flan, diced potato, mixed vegetables<br>MK,G           | Beef bolognese pasta, broccoli & cauliflower, garlic slice<br>G    | Roast chicken, roast potatoes, stuffing balls, carrots, peas & gravy<br>G  | All day breakfast, sausage, bacon, hash brown, beans, bread & butter<br>G,MK    | Fish fingers, chips, beans & peas<br>F,G                         |
| Vegetarian  | Mixed peppers & cheese flan, diced potato, mixed vegetables<br>MK,G | Quorn bolognese pasta, broccoli & cauliflower, garlic slice<br>G,E | Quorn fillet, roast potatoes, stuffing balls, carrots, peas & gravy<br>E,G | All day breakfast Quorn sausage x2, hash brown, beans, bread & butter<br>G,MK,E | Cheese & onion slice, chips, beans & peas<br>G,MK                |
| 3 <sup>rd</sup> option  | Jacket potato choice of toppings cheese, beans or tuna<br>F,G,MK    | Cheese or ham sandwich<br>MK,G                                     | Jacket potato choice of toppings cheese, beans or tuna<br>G,MK,F           | Tuna & sweetcorn wrap<br>G,F  | Jacket potato choice of toppings cheese, beans or tuna<br>MK,F,G |
| Dessert   | Chocolate tart<br>G,MK  | Orange & date slice creamy custard<br>G,MK                         | Cherry topped shortbread slice<br>G,MK                                     | Strawberry or chocolate mousse<br>MK,G  | Egg pudding creamy custard<br>MK,G,E                             |
| (G) = Gluten<br>(E) = Egg<br>(F) = Fish<br>(MK) = Milk<br>(SY) = Soya | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK    | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK   | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK           | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK                | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK |

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# School Dinners

Week 3

Weeks Commencing: 23<sup>rd</sup> April, 14<sup>th</sup> May, 11<sup>th</sup> June, 2<sup>nd</sup> July, 23<sup>rd</sup> July 2018

| Options   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|--|---|---|--|
| Main  | Tuna pasta bake, garlic slice, sweetcorn & peas<br>G,F               | Chicken curry, rice, naan bread, broccoli<br>G                   | Beef casserole, Yorkshire pud, mash, green beans, carrots & gravy<br>G,MK                   | Homemade burgers, potato wedges, mini corn on the cob, homemade coleslaw<br>G,MK      | Fish stars, chips, beans or peas<br>F,G                          |
| Vegetarian  | Mac cheese, cauliflower bake, garlic slice, sweetcorn & peas<br>G,MK | Vegetable curry, rice, naan bread, broccoli<br>G                 | Quorn sausage & bean casserole, Yorkshire pud, mash, green beans, carrots & gravy<br>E,G,MK | Vegie burger in a bun, potato wedges, mini corn on the cob, homemade coleslaw<br>G,MK | Meat free sausage roll, chips, beans & peas<br>E,G               |
| 3 <sup>rd</sup> option  | Jacket potato choice of toppings cheese, beans or tuna<br>F,G,MK     | Egg & cress sandwich<br>E,G                                      | Jacket potato choice of toppings cheese, beans or tuna<br>G,MK,F                            | Tuna potato pot<br>G,MK   | Jacket potato choice of toppings cheese, beans or tuna<br>MK,F,G |
| Dessert   | Ice cream, fruit sauce<br>MK   | Chocolate & coconut cookie<br>G                                  | Mixed fruit crumble creamy custard<br>G,MK  | Vanilla cracknal<br>G,MK  | Flapjack<br>MK,G   |
| (G) = Gluten<br>(E) = Egg<br>(F) = Fish<br>(MK) = Milk<br>(SY) = Soya | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK     | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK                            | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK                      | Selection of Fruit & yogurts<br>-----<br>Salad bar - Daily<br>MK |

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