

Spring 2019 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> w/c 25 <sup>th</sup> Feb 18 <sup>th</sup> March	(V) Butternut squash & spinach lasagne topped with cheddar cheese (1/8)  (V) Stir fried rice with fried tofu & vegetables (9)  <i>Carrots &amp; peas</i>  <i>Apple &amp; berry crumble with custard (1/5/8)</i>	Halal chicken fajita served with mild salsa (1)  (V) Hidden vegetable oat pan cake served with chunky tomato sauce) (1/5/8/2)  <i>Carrots &amp; peas</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Tuna & sweetcorn penne pasta (6/8)  (V) Cheesy potato cake served with tomato & basil sauce (1,2,8)  <i>Steamed broccoli and cauliflower</i>  <i>Jam roly poly with custard (1,5,8)</i>	Peri peri turkey burger served in ciabatta roll (1/5)  (V) Veggie sausages served with parsnip & potato mash & gravy (1/8/9)  <i>Green beans &amp; carrots</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Smoked haddock fish cake served on potato gratin (1/5/6/8)  (V) Mac 'n' cheese (1/8)  <i>Garden peas &amp; sweetcorn</i>  <i>Fruit salad</i>
<b>Week 2</b> w/c 04 <sup>th</sup> March 25 <sup>th</sup> March	(V) Stuffed jacket potato served with hidden vegetable tomato sauce (1,2,8)  (V) Mild spiced quorn Pad Thai noodles (1,2,5,9)  <i>Carrot &amp; lemon salad</i>  <i>New York cheese cake with strawberry sauce (1/2/5/8)</i>	Halal spaghetti Bolognese (1,2)  (V) Cherry tomato & feta quiche served with new potatoes (1,5,8)  <i>Green beans &amp; peas</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Fish finger wrap served with lemon dressing (1/6/8)  (V) Mild spiced sweet potato & bean tortilla (5/8)  <i>Tomato &amp; cucumber salsa</i>  <i>Spotted dick served with custard (1/8)</i>	Roast British chicken served with roast potatoes & gravy (1)  (V) Lemon & thyme quorn roast with roast potatoes & gravy  <i>Steamed broccoli</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Classic "Fish and Chips" (1/6)  (V) Chickpea Korma served with Pilaf rice (8/10)  <i>Garden peas</i>  <i>Raspberry jelly with cream (5/8)</i>
<b>Week 3</b> w/c 11 <sup>th</sup> March 01 <sup>st</sup> April	(V) Wholemeal Pasta with tomato & basil sauce  (V) Homemade falafel served with tabouleh, tomato sauce & pita bread (1/2/8)  <i>Green medley</i>  <i>Bread &amp; butter pudding with custard (1/5/8)</i>	Halal beef casserole served with dumplings (1)  Lentil & vegetable cottage pie topped with creamy mashed potatoes (1/8)  <i>Green beans</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Creamy lemon & fresh tomato salmon pasta (1/6/8)  (V) Crispy potato & veggie bites(1/5/8)  <i>Broccoli</i>  <i>Chocolate and beetroot brownie (1/5/8)</i>	Wholemeal ham & olive pizza (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  <i>Mediterranean mixed salad</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Tandoori fish bites served with coconut rice (1/6/8)  (V) Vegetable Keema served with garlic naan (9/10)  <i>Garden peas &amp; sweetcorn</i>  <i>Cheese &amp; crackers and grapes (1/8)</i>

Allergens Key	
Gluten	1
Celery	2
Peanuts	3
Tree nuts	4
Eggs	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluscs	14

All meat served on a Tuesday will be Halal certified.

All fish and fish products will be sustainably sourced.

Local and British grown produce will be given priority whenever seasonally available

We avoid knowingly purchasing nuts and nut products

Fresh fruit and seasonal salads served daily

