

Summer 2019 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens Key
Week 1 w/c 22 nd April 13 th May 10 th June 1 st July 22 nd July	(V) Cauliflower cheese & spinach pasta bake (1/8)	(Halal) Classic beef burger served in a bun with homemade ketchup (1/5/10)	Tuna & sweetcorn penne topped with parmesan cheese (1/2/6)	Jerk style chicken thighs with mild spiced gravy (10)	Breaded fish & chips (1/6)	Gluten 1
	(V) Chickpea & coconut biryani (2/10)	(V) Quorn & vegetable tagine served with colourful couscous (1/2/5/8)	(V) Veggie sausage & crushed new potatoes served with a light gravy (1/8/9)	(V) Veggie mince Jamaican pasties (1/8/9/10)	Mac 'n' cheese (1/8)	Celery 2
	<i>Green medley, garlic bread (1/8)</i>	<i>Green medley, garlic bread (1/8)</i>	<i>Garden peas & mange tout</i>	<i>Rice & peas, Coleslaw (5/8)</i>	<i>Baked beans, garden peas</i>	Peanuts 3
	Chocolate & beetroot brownie (1/5/8)	<i>Chef's salad</i> Yoghurt & fresh fruit (8)	Pineapple upside down (1/5/8)	Yoghurt & fresh fruit (8)	Strawberry trifle (8)	Tree nuts 4
Week 2 w/c 29 th April 20 th May 17 th June 8 th July	(V) Pasta spirals in homemade pesto (1/8)	(Halal) Chilli con carne served with mild spiced brown rice (2)	Salmon & vegetable stir fry (2/6/9)	Roast pork served with creamy mashed potatoes & gravy (2/8)	Classic "Fish and Chips" (1/6)	Eggs 5
	(V) Sweet potato & Quorn burrito with tomato & red pepper sauce (1/2)	(V) Vegetable samosa with Bombay potatoes & mint yoghurt (1/8/9/10)	(V) Homemade falafel with hummus & pitta bread (1/5)	(V) Mature cheddar potato cake with tomato salsa (1/8)	(V) Chickpea Korma served with Pilaf rice (8/10)	Fish 6
	<i>Steamed broccoli</i>	<i>Grated carrot salad</i> Yoghurt & fresh fruit (8)	<i>Greek style salad</i>	<i>Green beans</i>	<i>Garden peas</i>	Crustacea 7
Week 3 w/c 6 th May 3 rd June 24 th June 15 th July	(V) Creamy courgette lasagne (1/8)	(Halal) "Piccata Milanese" Breaded Chicken breast with spicy tomato sauce & spaghetti (1/5/8)	Steamed Thai fish filet served with coconut rice (2/6/9)	Wholemeal pepperoni pizza (1/2/8)	Breaded fish sandwich served with chips (1/6)	Dairy 8
	(V) Potato & asparagus frittata (5/8)	(V) Cauliflower & spinach curry with Bombay potatoes (1/8/10)	(V) Veggie chilli tacos with cheddar & mild tomato salsa (8)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Pea & feta fritters served with yoghurt dressing (1/5/8)	Soy 9
	<i>Mixed salad & garlic bread</i>	<i>Green beans</i> Yoghurt & fresh fruit (8)	<i>Broccoli & sweet potato</i>	<i>Mediterranean mixed salad</i>	<i>Chunky tomato & cucumber salad</i>	Mustard 10
	Apple turn overs & custard (7/8)		Pancake with choice of sauces (1/5/8)	Yoghurt & fresh fruit (8)	Ice cream (8)	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

