

SCHOOL MEAL MENU OPTIONS

**** Great Food for Thought ****

Menu Starting
April 2022

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	HAM JACKET with Mixed Salad ① ②	HAM, MAC(②) & CHEESE(⑦) with Salad	SPAGHETTI BOLOGNAISE(②) ① ⑧ with Green Salad
	MAIN COURSE 2	CHEESE(⑦) JACKET with Mixed Salad ① ②	MAC(②) & CHEESE(⑦) with Salad	MUSHROOM BOLOGNAISE ① ⑧ with Green Salad
	PUDDING	MIXED FRUIT YOGURT(⑦) Made on an Award Winning Family Dairy Farm	MIXED FRUIT YOGURT(⑦) Made on an Award Winning Family Dairy Farm	MIXED FRUIT YOGURT(⑦) Made on an Award Winning Family Dairy Farm
TUESDAY	MAIN COURSE 1	BEEF CHILLI ① ⑧ with Rice and Green Salad	HOT DOGS(②) ⑭, CHIPS and BEANS ① ② ⑧	Wednesday VEGETARIAN SAUSAGE ROLL(②), Creamy Mash(⑦) & Baked Beans ① ② ⑧
	MAIN COURSE 2	MUSHROOM CHILLI ① ⑧ with Rice with Green Salad	VEGETARIAN SAUSAGE DOGS, CHIPS and BEANS ① ② ⑧	
	PUDDING	CHERRY BUNS ② ⑭	RAISIN ⑭ AND OAT BISCUIT ② Home Made using Wholegrain Oats	GINGERBREAD SHAPES ②
WEDNESDAY	MAIN COURSE 1	ROAST PORK & Apple ⑭ ⑥ Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST TURKEY with home made Stuffing(②) Seasonal Greens, Roast Potatoes & Gravy	ROAST GAMMON & Pineapple Pieces with Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	VEGETABLE FINGERS & Apple ⑭ ⑥ Sauce with Seasonal Greens, Roast Potatoes & Gravy	QUORN ROAST ④ with home made Stuffing(②) Seasonal Greens, Roast Potatoes & Gravy	QUORN FILLETS ④ with Seasonal Greens, Roast Potatoes & Gravy
	PUDDING	Freshly Prepared FRESH FRUIT JELLY ③ ④ ⑥ ⑦ Real Fresh Fruit Pieces in Fruit Jelly	Freshly Prepared FRESH FRUIT JELLY ③ ④ ⑥ ⑦ Real Fresh Fruit Pieces in Fruit Jelly	Freshly Prepared FRESH FRUIT JELLY ③ ④ ⑥ ⑦ Real Fresh Fruit Pieces in Fruit Jelly
THURSDAY	MAIN COURSE 1	CHICKEN PIE(②) Mashed Potato, Mixed Veg and Gravy	BEEF LASAGNE(②) ① ⑧ with Green Salad	MILD CHICKEN CURRY(⑨) ① ② ⑧ served with Rice and Broccoli
	MAIN COURSE 2	QUORN PIE(②) Mashed Potato, Mixed Veg and Gravy	VEGETABLE LASAGNE(②) ① ⑧ with Green Salad	MILD CURRY with QUORN PIECES(⑨) ① ② ⑧ Served with Rice and Broccoli
	PUDDING	CHOCOLATE ⑦ CRACKNEL	PLAIN SHORTBREAD ②	PLAIN FLAPJACK ②
FRIDAY	MAIN COURSE 1	FISH(⑤) ② FINGERS with Chips and Baked Beans ① ② ⑧	BATTERED COD(⑤) ② ⑦ with Chips & Peas	TUNA PASTA BAKE(②) ⑦ ① ② ⑧ with Mixed Salad ① ②
	MAIN COURSE 2	VEGETABLE FINGERS with Chips and Baked Beans ① ② ⑧	VEGETABLE BURGERS with Chips & Peas	JACKET, CHEESE(⑦) & BEANS ① ② ⑧ with Mixed Salad ① ②
	PUDDING	APPLE ⑭ ⑥ CRUMBLE ② with Custard ⑦	CHOCOLATE SPONGE ② ④ with CUSTARD ⑦	Home Made LEMON DRIZZLE CAKE ② ④

Please be aware we use all types of foods in our Kitchens which may include Allergens
in our recipes, we use a combination of both White and Brown. Allergen & Intolerance codes accompany each Item with an explanation in the Key below.

- devised and independently verified in accordance to the School Food Plan 2015 -

ALLERGENS (Using FSA Codes): Celery(①); Cereals (Gluten)(②); Eggs(④); Fish(⑤); Milk(⑦); Mustard(⑨); Nuts(⑩); Peanuts(⑪); Sesame Seeds(⑫); Soya(⑬); Sulphites(⑭)

INTOLERANCES: Tomato Products ① Capsicum Products ② Soft Fruit Products ③ Beef ④ Aubergine ⑤ Apple ⑥ Oranges ⑦ Onion ⑧

Please be aware we use all types of foods in our Kitchens. We have eliminated Palm Oil Ingredients where currently possible. Substitute menus are available but may be an additional charge