

Summer Menu: 17th April 2017 - 20th October 2017

Name:		WEEK ONE 18/09, 09/10		WEEK TWO 04/09, 25/09, 16/10		WEEK THREE 11/09, 02/10	
*Sides and Pudding options are available to all, so do NOT require selection.		Please enter a 'X' against the meals required		Please enter a 'X' against the meals required		Please enter a 'X' against the meals required	
			X		X		X
Mondays	Main	Mediterranean Cheese and Tomato Pizza		Hot Dog in a Roll		Super Salad Day with Egg and Cheese	
	Veg			Veggie Hotdog in a Roll		(a selection of pasta, rice and cous cous salads)	
	Sides	Vegetable Sticks and Wholemeal Bread		Salad Bar, Tomato Sauce and Cooked Onions		Salad Bar and Wholemeal Bread	
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	
	Pudding	Frozen Raspberry Yogurt or Fresh Fruit		Fresh Fruit Salad and Ice-Cream or Fresh Fruit		Fresh Fruit Salad or Fresh Fruit	
Tuesdays	Main	Pork Sausages and Tomato Pasta Salad		Spaghetti and Meatballs in Tomato Sauce		Lamb Bolognese and Pasta	
	Veg	Veggie Sausage and Tomato Pasta Salad		Spaghetti and Vegetarian Bolognese		Vegetarian Ravioli	
	Sides	Peas and Wholemeal Bread		Broccoli and Wholemeal Bread		Vegetable Sticks and Wholemeal Bread	
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	
	Pudding	Cheese and Biscuits with Fresh Fruit Segments		Frozen Raspberry Yogurt or Fresh Fruit		Cheese and Biscuits with Fresh Fruit Segments	
Wednesdays	Main	Pulled Gammon and New Roasted Potatoes		Roast Chicken with Roast Potatoes		Roast Pork and Roast Potatoes	
	Veg	Quorn Roast and New Roasted Potatoes		Vegetarian Pie with Roast Potatoes		Quorn Mince and Roast Potatoes	
	Sides	Carrots, Peas, Wholemeal Bread		Carrots, Peas, Gravy and Wholemeal Bread		Peas, Carrots, Gravy and Wholemeal Bread	
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	
	Pudding	Pears and Ice-Cream or Fresh Fruit		Pineapple or Mandarins and Ice-Cream or Fresh Fruit		Peaches and Custard or Fresh Fruit	
Thursdays	Main	Chicken Pitta		Chicken Korma with Rice		Beef Burger in a Bun	
	Veg	Quorn Pitta		Quorn Korma with Rice		Veggie Burger in a Bun	
	Sides	Salad Bar, Sweetcorn and Mayonnaise		Green Beans and Wholemeal Bread		Salad, Wholemeal Bread, Cooked Onions, Tomato Sauce and Relish	
	Sandwich	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	H C	Ham or Cheese* Roll (delete one choice) with Mixed Salad	
	Pudding	Fresh Fruit Salad and Ice-Cream or Fresh Fruit		Fruit Jelly and Ice-Cream or Fresh fruit		Frozen Raspberry Yogurt or Fresh Fruit	
Fridays	Main	Salmon Fishcakes and Potato Wedges		Fish Fingers and Oven Chips		Fish and Oven Chips	
	Veg	Veggie Fingers and Wedges		Vegetarian Sausages and Oven Chips		Vegetarian Sausages and Oven Chips	
	Sides	Peas and Wholemeal Bread		Baked Beans, Salad Bar, Wholemeal Bread		Peas and Wholemeal Bread	
	Wrap	Ham or Cheese* Wrap (delete one choice) with Mixed Salad and Coleslaw	H C	Ham or Cheese* Wrap (delete one choice) with Mixed Salad and Coleslaw	H C	Ham or Cheese* Wrap (delete one choice) with Mixed Salad and Coleslaw	
	Pudding	Summer Fruit Crumble with Custard or Fresh Fruit		Icecream with Fruit Puree or Fresh Fruit		Fruit Topped Cheesecake or Fresh Fruit	

Salad bar available daily. Our meat is freedom food or free range and seasonal vegetables & fruit are sourced locally. Eggs are free-range and gravy is vegetarian. Dairy free and coeliac dietary needs can be catered for. All food is nut free.