

# THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan 23-Jan 13-Feb 06-Mar 27-Mar



## MONDAY

## TUESDAY


## WEDNESDAY

## THURSDAY


## FRIDAY

### Hot Main Dish

Sausages, Mash & Gravy  
Pork & beef sausages in gravy




Macaroni Cheese   
Macaroni in a creamy cheese sauce




Roast Chicken with Roast Potatoes and Gravy  
Roast chicken with roasties and gravy

Cheese & Tomato Pizza   
Deep base pizza with a cheese & tomato topping


Fish & Chips  
Our traditional Friday favourite


### Alternative Dish

Butternut Squash & Chickpea Curry & Rice     
Chunky vegetables in a mild curry sauce



Mild Bean Chilli & Rice     
Baked bean chilli and fluffy rice

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy    
Chunky sweet potato and chickpea roast

Beef Pasta Bolognese   
A classic Italian beef bolognese in tomato sauce

Dippers and Chips   
Crispy Quorn nuggets



### Jacket Potato

Jacket Potato with Salmon Mayo  

Jacket Potato with Veggie Bolognese  

Jacket Potato with Cheese 

Jacket Potato with Baked Beans  

Jacket Potato with Cheese  

### Vegetables

Golden Sweetcorn or Salad

Rainbow Vegetables or Salad

Carrots and Cabbage

Garden Peas or Salad

Baked Beans or Salad

### Desserts

Smooth Fruit Yoghurt

Apple, Orange & Melon Fruit Bowl 

Cranberry Shortbread Biscuit

Pear & Chocolate Sponge 

Jammy Jack Flapjack

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit available every day  
Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

# WEEK 2 MENU

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Chicken Korma &amp; Rice</b> Mild creamy korma sauce and fluffy rice	<b>Cheese &amp; Tomato Pizza</b> Deep base pizza with a cheese & tomato topping	<b>Roast Ham with Roast Potatoes and Gravy</b> Ham in gravy with roasties and gravy	<b>Classic Beef Burger</b> Served with salad & diced potatoes	<b>Fish &amp; Chips</b> Our traditional Friday favourite
Alternative Dish	<b>Quorn Sausage, Mash &amp; Gravy</b> Sausage in gravy with mash potato	<b>Beef Pasta Bolognese</b> A classic Italian beef bolognese in tomato sauce	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy</b> Chunky sweet potato and chickpea roast	<b>Mild Bean Chilli &amp; Rice</b> Baked bean chilli and fluffy rice	<b>Cheese &amp; Vegetable Frittata &amp; Chips</b> Oven baked omelette and chips
Jacket Potato	<b>Jacket Potato</b> With Cheese	<b>Jacket Potato</b> With Baked Beans	<b>Jacket Potato</b> With Tuna Mayo	<b>Jacket Potato</b> With Cheese	<b>Jacket Potato</b> With veggie bolognese
Vegetables	Garden Peas or Salad	Green Beans or Salad	Carrots and Cabbage	Golden Sweetcorn or Salad	Baked Beans or Salad
Desserts	Cranberry Shortbread Biscuit	Smooth Fruit Yoghurt	Pear & Chocolate Sponge	Apple, Orange & Melon Fruit Bowl	Muesli Flapjack

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit & available every day  
Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

# WEEK 3 MENU

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Macaroni Cheese</b>  Macaroni in a creamy cheese sauce	<b>Sausages, Mash &amp; Gravy</b> Pork & beef sausages in gravy	<b>Roast Beef with Roast Potatoes and Gravy</b> Sliced roast beef with roasties and gravy	<b>Cheese &amp; Tomato Pizza</b>  Deep base pizza with a cheese & tomato topping	<b>Fish &amp; Chips</b> Our traditional Friday favourite
Alternative Dish	<b>Chicken Tikka Masala &amp; Rice</b> Mild tikka sauce and fluffy rice	<b>Cheese &amp; Tomato Pasta</b>  Creamy cheese & tomato sauce with pasta	<b>Quorn Sausage with Roast Potatoes and Gravy</b> Quorn Sausage in rich gravy with roasties	<b>Butternut Squash &amp; Chickpea Curry &amp; Rice</b>  Chunky vegetables in a mild curry sauce	<b>Veggie Burger &amp; Chips</b>  Quorn Pattie in a bun with chips
Jacket Potato	<b>Jacket Potato</b> With Tuna Mayo	<b>Jacket Potato</b> With Baked Beans	<b>Jacket Potato</b> With Cheese	<b>Jacket Potato</b> With Veggie Bolognese	<b>Jacket Potato</b> With Cheese
Vegetables	<b>Green Beans or Salad</b>	<b>Garden Peas or Salad</b>	<b>Carrots and Cabbage</b>	<b>Rainbow Vegetables or Salad</b>	<b>Baked Beans or Salad</b>
Desserts	<b>Jammy Jack Flapjack</b>	<b>Apple, Orange &amp; Melon Fruit Bowl</b>	<b>Pineapple Sponge</b>	<b>Smooth Fruit Yoghurt</b>	<b>Muesli Flapjack</b>

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