

**Summer 2022 - Autumn half term menu** | Lunch time | Start date: 25 April 2022 - End date: 24 July 2022

Week commencing 25 April 2022 (Cycle week 1)

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <b>Main</b>   |   |  |   |   |
| Chicken and Vegetable Curry served with Rice, Mixed Vegetables and Naan Bread (free from available) | Cheese and Tomato Pizza served with Spicy Potato Wedges and Sweetcorn V (free from available) | Roast Pork served with Roast Potatoes, Seasonal Vegetables and Gravy (free from available)                   | Chicken Breast in a Tomato Sauce served with Mashed Potato and a Vegetable Medley (free from available) | Battered Fish served with Chips and Peas (free from available)          |
| Ratatouille Crumble served with Rice and Mixed Vegetables (V) (contains dairy and gluten)           | Pepperoni Pizza served with Spicy Potato Wedges and Sweetcorn (free from available)           | Quorn Sausages served with Roast Potatoes, Seasonal Vegetables and Gravy V (contains dairy, gluten and eggs) | Vegetarian Lasagne served with a Vegetable Medley V (contains gluten, dairy and onion)                  | Quorn Fajitas served with Chips and Peas V (contains gluten, and onion) |
| Jacket Potato served with Tuna Mayo (contains fish, eggs and mustard)                               | Jacket Potato with Veggie Chilli  | Jacket Potato with Cheese and Red Onion (contains dairy)   | Jacket Potato with Beans/Cheese   | Jacket Potato with Garlic Mushrooms V (contains dairy)                  |
| Jacket Potato with Beans/Cheese   | Jacket Potato with Beans/Cheese   | Jacket Potato with Beans   | -   | Jacket Potato with Beans/Cheese   |
| <b>Dessert</b>  |   |  |   |   |
| Strawberry Mousse (free from available)   | Cookie (free from available)  | Chocolate & Beetroot Cake (free from available)  | Fruit Flapjack (free from available)  | Ice-cream (free from available)   |
| Fresh fruit salad   | Fresh fruit salad   | Fresh fruit salad  | Fresh fruit salad   | Fresh fruit salad   |
| Yoghurt (contains dairy)  | Yoghurt (contains dairy)  | Yoghurt (contains dairy)   | Yoghurt (contains dairy)  | Yoghurt (contains dairy)  |

Week commencing 02 May 2022 (Cycle week 2)

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <b>Main</b>   |  |  |  |   |
| Tuna Pasta Bake served with Broccoli and Garlic Bread (free from available) | BBQ Pulled pork with Red Peppers served with Sauté Potatoes and Sweetcorn (free from available) (contains onion) | Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy (free from available) | Beef Burger served with Potato Wedges and Beans (free from available)                            | Fish Fingers served with Chips and Peas (free from available)   |
| Tomato Pasta Bake served with Broccoli and Garlic Bread V                   | Sweet Potato Pakora served with Sauté Potatoes and Sweetcorn V (free from available) (contains sulphates)        | Cheese and Tomato Pinwheel V (contains gluten and dairy)                                     | Chilli Bean Quesadillas served with Potato Wedges and Beans V (contains gluten, dairy and onion) | Frittata served with Chips and Peas V (contains dairy and eggs) |
| Jacket Potato with Cheese/Beans   | Jacket Potato with Cheese/Beans  | Jacket Potato with Tuna Mayo (contains fish, eggs and mustard)                               | Jacket Potato with Coleslaw (contains eggs, mustard and onion)                                   | Jacket Potato with Veggie Curry (contains mustard and onion)    |
| -   | -  | Jacket Potato with Cheese/Beans  | Jacket Potato with Beans/Cheese  | Jacket Potato with Beans/Cheese                                 |
| <b>Dessert</b>  |  |  |  |   |
| Cherry Shortbread (free from available)                                     | Peaches and Jelly (free from available)  | Apple Chelsea Bun (free from available)  | Strawberry Trifle (free from available)  | Ice-cream (free from available)                                 |
| Fresh fruit salad   | Fresh fruit salad  | Fresh fruit salad  | Fresh fruit salad  | Fresh fruit salad   |
| Yoghurt (contains dairy)  | Yoghurt (contains dairy)   | Yoghurt (contains dairy)   | Yoghurt (contains dairy)   | Yoghurt (contains dairy)  |

Week commencing 09 May 2022 (Cycle week 3)

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <b>Main</b>  |   |   |  |  |
| Macaroni Cheese served with Broccoli and Cauliflower V (free from available)                               | Spaghetti Bolognese served with Sweetcorn and Carrots (free from available)   | Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy   | Brunch (Sausage, Bacon, Mushroom and Tomato) served with Hash Browns and Beans (free from available) | Fish Fingers served with Chips and Peas (free from available)          |
| Tomato, Lentil and Sweet Potato Crumble served with Broccoli and Cauliflower V (contains gluten and dairy) | Vegetarian Sausage Roll served with Sweetcorn and Carrots V (contains gluten) | Cheese and Broccoli Quiche served with Roast Potatoes and Seasonal Vegetables V (contains gluten, dairy and eggs) | Vegetable Bolognese V (contains gluten and onion)  | Veggie Burger served with Chips and Peas V (contains gluten and onion) |
| Jacket Potato with Beans/Cheese  | Jacket Potato with Beans/Cheese   | Jacket Potato with Tuna Mayo (contains eggs, fish and mustard)  | Jacket Potato with Chicken Tikka (contains onion, mustard and dairy)                                 | Jacket Potato with Beef Chilli (gluten free) (contains onion)          |
| -  | -   | Jacket Potato with Beans/Cheese   | Jacket Potato with Beans/Cheese  | Jacket Potato with Cheese/Beans  |
| <b>Dessert</b>   |   |   |  |  |
| Carrot Cake (free from available)  | Oaty Apricot Cookie (free from available)                                     | Fruit Crumble (free from available)   | Orange and Mandarin Jelly (free from available)  | Ice-cream (free from available)  |
| Fresh fruit salad  | Fresh fruit salad   | Fresh fruit salad   | Fresh fruit salad  | Fresh fruit salad  |
| Yoghurt (contains dairy)   | Yoghurt (contains dairy)  | Yoghurt (contains dairy)  | Yoghurt (contains dairy)   | Yoghurt (contains dairy)   |