## MENU SPRING/SUMMER/AUTUMN 2021

Food allergies and intolerances - if your child has been advised by their GP or Health Care Professional to follow a special diet, please complete our special diet information form available from school. All allergen information relating to this menu is available on request.

All food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all our kitchens. If you have a food allergy, please let us know before ordering. All allergen information is available on request from the kitchen.

Coconut is not considered a nut and does not fall into the peanut or tree allergy categories. We do not use coconut in our kitchens.

WEEK 1 - $19^{\text {th }}$ April, $10^{\text {th }}$ May, $31^{\text {st }}$ May, $21^{\text {st }}$ June, $12^{\text {th }}$ July, $3^{\text {th }}$ August, $\mathbf{2 0}^{\text {th }}$ September, $11^{\text {th }}$ October

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :--- | :--- | :--- | :--- | :--- |
| Pizza Bar - a selection <br> of homemade veggie <br> pizza on a wholemeal <br> base (v) | Roast gammon with <br> roast potatoes and <br> gravy | Italian pork meatballs <br> in a homemade <br> tomato sauce with <br> pasta | Roast chicken with <br> new potatoes and <br> gravy | Fish fingers and <br> chips |
| Chickpea and spinach <br> curry with rice (v) | Vegan sausage with <br> roast potatoes and <br> gravy (v) | Roast vegetable pasta <br> bake (v) | Spring vegetable hot <br> pot (v) | Cheese and baked <br> bean slice with chips <br> (v) |
| Tuna, ham or cheese <br> sandwich | Tuna, ham or <br> cheese sandwich | Tuna, ham or cheese <br> sandwich | Tuna, ham or <br> cheese sandwich | Tuna, ham or <br> cheese sandwich |
| Sweetcorn and green <br> beans | Carrots and spring <br> cabbage | Mixed vegetables | Broccoli and <br> cauliflower | Peas and baked <br> beans |
| Raspberry and coconut <br> flapjack | Jelly with fresh <br> oranges | Marble berry cake <br> with custard | Fruit cookie | Ice cream and fresh <br> fruit |

Week 2 - $^{26}{ }^{\text {th }}$ April, $17^{\text {th }}$ May, $7^{\text {th }}$ June, 28 $^{\text {th }}$ June, $19^{\text {th }}$ July, $6^{\text {th }}$ Sept, $27^{\text {th }}$ Sept, $18^{\text {th }}$ Oct

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :--- | :--- | :--- | :--- | :--- |
| Cheese and tomato <br> pizza on a wholemeal <br> base (v) | Roast pork with <br> roast potatoes and <br> gravy | Pork sausage with <br> mashed potato and <br> gravy | Roast chicken with <br> new potatoes and <br> gravy | Fish fingers and <br> chips |
| Veggie Bolognese with <br> pasta (v) | Lentil and vegetable <br> shepherdess pie (v) | Vegan sausage with <br> mashed potato and <br> gravy (v) | Vegetable chow <br> mein (v) | Cheese and onion <br> pasty with chips (v) |
| Tuna, ham or cheese <br> sandwich | Tuna, ham or <br> cheese sandwich | Tuna, ham or cheese <br> sandwich | Tuna, ham or cheese <br> sandwich | Tuna, ham or <br> cheese sandwich |
| Carrots and peas | Broccoli and <br> cauliflower | Farmhouse mixed <br> vegetables | Carrots and cabbage | Peas and baked <br> beans |
| Fruit crumble with <br> custard | Iced carrot cake | Chocolate crispy cake | Berry fruity jelly | Ice cream and fresh <br> fruit |

Week $3-12^{\text {th }}$ April, $3^{\text {rd }}$ May, $24^{\text {th }}$ May, $14^{\text {th }}$ June, $5^{\text {th }}$ July, $13^{\text {th }}$ Sept, $4^{\text {th }}$ Oct, $\mathbf{2 5}^{\text {th }}$ Oct

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :--- | :--- | :--- | :--- | :--- |
| Macaroni Cheese (v) | Roast chicken with <br> mashed potato and <br> gravy | Beef burger with <br> potato wedges | Roast pork with new <br> potatoes and gravy | Fish fingers and chips |
| Savoury vegetable <br> rice(v) | Cheese and potato <br> pie(v) | Veggie burger with <br> potato wedges (v) | Sweet potato dahl <br> with naan bread (v) | Cheese and tomato <br> pinwheel with chips <br> (v) |
| Tuna, ham or cheese <br> sandwich | Tuna, ham or cheese <br> sandwich | Tuna, ham or cheese <br> sandwich | Tuna, ham or cheese <br> sandwich | Tuna, ham or cheese <br> sandwich |
| Broccoli and carrots | Mixed vegetables | Sweetcorn and green <br> beans | Carrots and spring <br> cabbage | Peas and baked <br> beans |
| Fruit flapjack | Strawberry jelly | Sticky toffee pudding <br> with custard | Chocolate shortbread | Ice cream and fresh <br> fruit |

(v) vegetarian option

