

LUNCH

Summer	MAIN COURSE	CONTENTS (ALLERGENS IN RED)}	SIDE DISH	DESSERT	
WEEK 1	MON	Macaroni cheese	Macaroni, cheese, white sauce, tomatoes wheat, milk, celery, soya	Broccoli	Ice cream milk
	TUE	Chicken Cacciatora	Chicken breast, hidden vegetable tomato sauce to include tomatoes, onions, carrots, peas, cauliflower, broccoli, mixed Italian herbs, garlic, chicken stock, bay leaf celery	Cous cous with red quinoa wheat	Mixed fruit flapjack Milk, oats
	WED	Baked cod fish cakes	Cod fishcakes fish, wheat	Lightly spiced baked potato wedges, peas	Lemon and courgette sponge cake Wheat, egg, milk
	THU	Roast Beef and Yorkshire pudding	Beef topside, meat gravy, Yorkshire pudding egg milk wheat	Roast potatoes, carrots	Apple and pear smoothie milk
	FRI	Lamb and vegetable korma	Diced lamb, chopped vegetables to include onions, carrots, peas, cauliflower, broccoli, tomatoes & peppers, curry spices coconut milk	Basmati rice with added brown rice	Melon and pineapple cocktail
WEEK 2	MON	Tuna pasta bake	Tuna, cheesy sauce, sweetcorn, peas, onions, tomatoes fish, wheat, milk, celery, soya	Garlic bread milk, wheat	Fruit yoghurt milk
	TUE	Chicken, potato & vegetable Pie	Chicken breast, potato, onions, carrot, peas, puff pastry, gravy wheat, milk, soya, celery	green beans,	Mandarins
	WED	Quorn mince Bolognese	Quorn, onions, hidden vegetable tomato sauce, mixed herbs, garlic, penne wheat, egg	Grated cheddar milk	Banana cake Wheat, milk, egg, soya
	THU	Sweet and sour pork balls	Lean minced pork, mange tout, mixed peppers, sweetcorn, carrot, sweet & sour sauce	Long grain mixed rice	Crème caramel Wheat, milk, soya, egg
	FRI	Beef and sweet potato casserole	Lean stewing beef, sweet potato, carrots, celery red & yellow peppers, onion, stock and herbs celery	Creamed potato milk	Rhubarb fool milk
WEEK 3	MON	Bangers, gravy and mash	pork sausages, mashed potatoes, gravy wheat, egg, barley	peas	Fromage Frais. milk
	TUE	Summer tuna and potato salad nicoise	Flaked tuna, new potato, green beans, lettuce, tomatoes and cucumber and French dressing fish	French bread	Lemon tart wheat, milk, egg, soya
	WED	Vegetarian Carbonara	mushroom, sweetcorn, onions, cheese, white sauce egg, milk, wheat, celery	Spaghetti pasta wheat	Tinned peaches milk
	THU	Roast Chicken	Chicken breast, gravy	New potatoes with mint, cabbage	Beetroot and chocolate cake Wheat, milk, egg, soya
	FRI	Beef Lasagne	Minced beef, onions, tomatoes, garlic, mixed herbs, white sauce, cheese, pasta sheets wheat, milk	Cucumber and cherry tomatoes	Fresh fruit salad

TEA

ITEM 1

ITEM 2

ITEM 3

ITEM 4

MENU A	MON	Cheese on Toast milk, wheat, soya	Wholemeal bread	Cherry Tomatoes	Fromage Frais milk
	TUE	Hot dogs milk	Sub Roll wheat, soya	Carrot Batons	Banana
	WED	Egg and Ham Sandwiches egg, wheat, soya	Cheese straw milk, wheat, barley	Cucumber Slices	Rice Pudding milk
	THU	Tuna & Sweetcorn Pasta fish, wheat	Red Pepper Batons	Mixed Sultanas & Raisins	Crème Caramel milk
	FRI	Tomato Soup milk	Wholemeal Roll wheat, soya	Cheese Cubes milk	Grapes

MENU B	MON	Baked Beans	Wholemeal Toast wheat, soya	Cheese Cubes milk	Melon Slices
	TUE	Sandwich selection fish, egg, mustard, wheat, soya	Cucumber Slices	Potato Crisps	Banana
	WED	Mushroom Soup wheat, milk	Wholemeal Roll & Butter wheat, milk, soya	Mange tout	Fruit jelly
	THU	Hummus Dip Sesame Seed	Pitta bread Wheat	Carrot & red pepper batons	Pureed pear with custard milk
	FRI	Cheese & herb pastry Milk, wheat	Sweetcorn	Cherry tomatoes	Carrot cake milk, wheat, egg

MENU C	MON	Cheese & Tomatoes Pizza Wedges wheat, milk, soya	Cucumber slices	Dried Apricots	Rice Pudding milk
	TUE	Vegetable Soup milk, wheat,	Tiger bread wheat	Pepper batons	Pineapple cubes
	WED	Sandwich selection fish, egg, mustard wheat, soya	Breadsticks wheat, barley	Apple Quarters	Yogurt milk
	THU	Cold pasta with ham and peas wheat	Carrot batons	Cucumber slices	Crispy cake with sultanas' barley, milk
	FRI	Crumpets with cheese Wheat, Milk	Cherry tomatoes	Grapes	Fromage frais milk

