

Spring / Summer 2018 Menu



with **The Greens**

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 16TH APRIL, 7TH MAY, 4TH JUNE, 25TH JUNE, 16TH JULY, 10TH SEPT, 1ST OCT				
Sausages in a Roll with Homemade Tomato Ketchup and Potato Wedges	Chicken and Sweetcorn Pizza with Half a Jacket Potato	Roast Turkey with Sage and Onion Stuffing, Gravy and Roast Potatoes	Pasta Bolognese with Freshly Made Bread	Fish Fingers with Homemade Tomato Ketchup and Chips or Pasta Twists
Bean and Pesto Pasta Twists with Freshly Made Bread	Quorn Burger in a Bun with Homemade Tomato Ketchup and Half a Jacket Potato	Vegetable and Bean Pasty with Gravy and Roast Potatoes	Jacket Potato with a Choice of Fillings	Cauliflower and Cheese Croquettes with Chips or Pasta Twists
Sweetcorn and Baked Beans	Coleslaw and Vegetable Sticks	Carrots and Broccoli	Salad Bar	Baked Beans and Peas
Flapjack with Fruit Salad	Lemon Drizzle Cake	Fruity Jelly with Ice Cream	Custard Biscuit	Chocolate Shortbread with Fruity Friday
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 - 23RD APRIL, 14TH MAY, 11TH JUNE, 2ND JULY, 23RD JULY, 17TH SEPT, 8TH OCT				
Lamb Meatballs in Tomato Sauce with Pasta	Chicken and Vegetable Pasta with Freshly Made Bread	Roast Pork with Apple Sauce, Gravy and Roast Potatoes	Cottage Pie with Gravy and Freshly Made Bread	Battered Fish with Lemon Mayonnaise and Chips or Pasta Twists
Cheese and Tomato Pizza with Potato Salad	Vegetarian Sausages with Potato Wedges	Mediterranean Vegetable Puff Pastry Tart with Gravy and Roast Potatoes	Jacket Potato with a Choice of Fillings	BBQ Beany Wrap with Chips or Pasta Twists
Sweetcorn and Green Beans	Peas and Carrots	Carrots and Cabbage	Salad Bar	Baked Beans and Peas
Banana and Toffee Muffin	Carrot Cake	Ice Cream with Peaches and Fruit Sauce	Vanilla Cheesecake	Chocolate Krispie with Fruity Friday
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 - 30TH APRIL, 21ST MAY, 18TH JUNE, 9TH JULY, 3RD SEPT, 24TH SEPT, 15TH OCT				
Beef Burger in a Bun with Mayonnaise with Potato Wedges	Beef and Tomato Pizza with Half a Jacket Potato	Roast Chicken with Sage and Onion Stuffing, Gravy and Roast Potatoes	Lasagne with Freshly Made Bread	Fish Fingers or Salmon Fish Fingers with Homemade Tomato Ketchup and Chips Pasta Twists
Vegetable Cottage Pie with Gravy and Freshly Made Bread	Macaroni Cheese with Freshly Made Bread	Vegetable Gratin with Gravy and Roast Potatoes	Jacket Potato with a Choice of Fillings	Cheese and Tomato Quiche with Chips or Pasta Twists
Sweetcorn and Peas	Coleslaw and Green Beans	Carrots and Broccoli	Salad Bar	Baked Beans and Peas
Apple Cake with Custard	Jam Biscuit	Ice Cream with Chocolate Sauce	Chocolate Fudge Cake	Vanilla Shortbread with Fruity Friday

Served Daily Freshly Made Bread Seasonal Vegetables/Salads Fresh Fruit Organic Yeo Valley Yoghurt

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal)

Dishes which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!