ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

SPRING MENU 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Sweet & Sour Chicken with Noodles	Beef Macaroni Pastitsio with Garlic Bread	Roast Pork with Roast Potatoes and Gravy	Beef Chilli Con Carne with Rice	MSC Breaded Fish Chipped Potatoes, Tomato Sauce
VEGETARIAN	Vegetable Wholemeal Pasta Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Vegetable Wellington	Macaroni Cheese	Glamorgan Sausage with Chipped Potatoes
SIDE	Sweet Corn Green Beans	Peas Cauliflower	Carrot & Swede Mash Broccoli	Sweet Corn Green Salad	Baked Beans Garden Peas
DESSERT	Oaty Peach Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Chocolate & Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Iced Sponge Yoghurt and Fruit Station
MAIN	Chicken and Sweet Corn Puff Pastry Pie with New Potatoes	Pork Sausages with Mashed Potato & Gravy	Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise with a Garlic Slice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
VEGETARIAN	Lentil and Vegetable Curry with Rice	Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes	Potato & Courgette Layer Bake	Creamy Mashed Potato Vegetable Pie	Cheese Tomato & Spinach Frittata with Chipped Potatoes
SIDE	Broccoli Sliced Carrots	Cauliflower Peas	Red Cabbage Green Beans	Sweet Corn Green Salad	Baked Beans Garden Peas
DESSERT	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Cinnamon Cookie Yoghurt and Fruit Station
MAIN	Wholemeal BBQ Chicken Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Fish Fingers Chipped Potatoes, Tomato Sauce
VEGETARIAN	Wholemeal Cheese & Tomato Pizza with Potato Wedges	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable and Apricot Tagine with Couscous	Spanish Omelette with Chipped Potatoes
SIDE	Sweet Corn Green Beans	Shredded Cabbage Peas	Broccoli Carrots	Roasted Vegetable Medley Sweet Corn	Baked Beans Garden Peas
DESSERT	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Pear Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Chocolate & Banana Oaty Square Yoghurt & Fruit Station
	VEGETARIAN SIDE DESSERT MAIN VEGETARIAN SIDE MAIN VEGETARIAN SIDE	WAIN Sweet & Sour Chicken with Noodles VEGETARIAN Vegetable Wholemeal Pasta Bake SIDE Sweet Corn Green Beans DESSERT Oaty Peach Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit Chicken and Sweet Corn Puff Pastry Pie with New Potatoes VEGETARIAN Lentil and Vegetable Curry with Rice Broccoli Sliced Carrots Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit WAIN Wholemeal BBQ Chicken Pizza with Potato Wedges Wegetarian Wholemeal Cheese & Tomato Pizza with Potato Wedges SIDE Sweet Corn Green Beans Apple & Strawberry Strudel with Custard, Natural Flavoured	NAIN Sweet & Sour Chicken with Noodles With Garlic Bread Wholemeal Spinach & Tomato Quiche with New Potatoes Peas Cauliflower Chocolate & Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit Portato & Gravy Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes Cauliflower Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes Cauliflower Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes Cauliflower Chocolate & Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit Pork Sausages with Mashed Potato & Gravy Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes Cauliflower Peas Cauliflower Peas Cauliflower Peas Cauliflower Peas Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit Wholemeal BBQ Chicken Pizza with Potato Wedges Creamy Broccoli Pasta Bake Creamy Brocco	MAIN Sweet & Sour Chicken with Noodles Beef Macaroni Pastitisio with Garlic Bread Roast Pork with Roast Potatoes and Gravy VEGETARIAN Vegetable Wholemeal Pasta Bake Wholemeal Spinach & Tomato Quiche with New Potatoes Vegetable Wellington SIDE Sweet Corn Green Beans Peas Cauliflower Carrot & Swede Mash Broccoli DESSERT Actural Flavoured Yoghurt or Fresh Fruit Chocolate & Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit Odty Cookie, Natural Flavoured Yoghurt or Fresh Fruit MAIN Chicken and Sweet Corn Puff Pastry Pie with New Potatoes Pork Sausages with Mashed Potatoes & Gravy Roast Turkey with Roast Potatoes & Gravy VEGETARIAN Broccoli Sliced Carrots Portato & Green Potato Tart with Creamed Potatoes Roast Turkey with Roast Potatoes & Gravy VEGETARIAN Broccoli Sliced Carrots Cauliflower Peas Read Cabbage Green Beans Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit MAIN Wholemeal BBQ Chicken Pizza with Potato Wedges Beef and Vegetable Hotpot with Sliced Potatoes Roast Chicken & Stuffing with Roast Potatoes and Gravy VEGETARIAN Wholemeal Cheese & Tomato Pizza with Potato Wedges Shredded Cabbage Peas Creamy Broccoli	NAIN Sweet & Sour Chicken with Noodles Beef Macaroni Pastitsio with Garlic Bread Potatoes and Gravy Wholemeal Pasta Bake Tomato Quiche with New Potatoes Peas Carrof & Sweed Mash Green Beans Cauliflower Checken Sound Green Saida Checken Checken Sound Checken Checke



