



# WEEK 1 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Wholemeal pizza with rustic tomato sauce and mozzarella served with torn basil (G, Mk) and coleslaw (E,Mk,Mu, Su)

Indian spiced chicken tikka masala (G) served with naan bread (Mk,G), pilau rice (Mk), mango chutney and mint and yoghurt sauce (Mk)

Sliced roast honey glazed English pork with crispy roast potatoes, pineapple chutney (Mu), pan roast gravy (G, Ce) and sage and onion Stuffing (G, Mk, E)

Mexican lamb chilli con carne with borlotti beans and sour cream (Mk) served with spicy turmeric rice

Breaded cod fish fingers (F, G) with oven baked chips, chunky tartare sauce (Su,Mu,Mk,E) or Roasted salmon, chilli, pea and gluten free pasta (F)

## VEGETARIAN

Greek feta and wilted spinach filo pie served with a chunky tomato sauce (Mk,E,G) and spicy potato wedges

Roasted sweet potato and lentil dahl (Mk,G), with pilau rice (Mk), coriander, naan bread and mint yoghurt sauce (Mk)

Halloumi and vegetable kebab (G, Mk)

Vegetarian stuffed peppers (Ce)

Spinach and cheddar wholemeal quiche (Mk,E,G) with oven baked chips

## VEGGIES

Steamed stem broccoli  
Sweetcorn

Roasted cauliflower  
Courgettes

Mashed buttered swede  
Steamed spring cabbage

Green beans lyonnaise  
Roasted carrots

Garden peas  
Baked bean

## PUDDING

Bramley apple and mixed berry crumble with custard (Mk,G)

Fresh fruit, vegetarian jelly or yoghurt (Mk)

Chocolate chip banana bread (So,Mk,E,G)

Fresh fruit, vegetarian jelly or yoghurt (Mk)

Marmalade bread and butter pudding with custard (So,Se,Mk,E,G)

*Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.*

### ★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya  
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Week 1 commencing:  
2 March, 23 March, 4 May, 18 May, 1 June, 22 June



WORLD BOOK DAY  
5TH MARCH



ST. GEORGE'S DAY  
23RD APRIL



BISCUIT DAY  
21ST MAY



CREAM TEA DAY  
25TH JUNE



INDEPENDENCE DAY  
2ND JULY



# WEEK 2 | MENU

MON

TUES

WED

THU

FRI

## MAIN MEAL

Penne pasta with rich basil tomato sauce (G)	Handmade minced beef burger in a burger bun or a lettuce wrap (Su,G,Ce) with sweet potato chips, tomato and onion relish and French fried onion rings	Jamaican jerk spiced chicken breast with rice and peas (None)	Pork sausages (Su,G) Or Chicken sausages (Su,G) served with creamy mashed potato and onion gravy (Su,E,G,Mk)	Battered fish fillet (F,G) with skin on skinny chips, chunky tartare sauce (Su,Mu,Mk,E) Or Grilled mackerel fillet with Mediterranean cous cous and gremolata (F, G)
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## VEGETARIAN

Wholemeal macaroni cheese and leek bake with garlic bread and basil pesto (So,Mk,G,Se)	Falafel and halloumi burger in a burger bun or a lettuce wrap (G, Mk, Se) with sweet potato chips, tomato and onion relish, French fried onion rings	Special fried vegetarian rice (So,G,Ce)	Vegetarian sausages (Su,G) with veggie gravy (G)	Potato, pea and cauliflower Indian roti with floured Indian bread stuffed with coriander and curry (G, Mu, Su)
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## VEGGIES

Green beans	Chefs mixed salad	Roasted carrots	Steamed broccoli polonaise (So, E, G)	Garden peas
Roasted parsnips and swede	Cheese and chive coleslaw (Su,Mu,Mk,E,G)	Steamed cabbage	Sweetcorn	Baked bean

## PUDDING

Chocolate sponge and chocolate sauce (Mk,E,G)	Fresh fruit, vegetarian jelly or yoghurt (Mk)	Pear and apricot crumble served with custard (Mk,G)	Fresh fruit, vegetarian jelly or yoghurt (Mk)	Raisin and oat cookie (Mk,E,G)
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WORLD BOOK DAY  
5TH MARCH



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23RD APRIL



BISCUIT DAY  
21ST MAY



CREAM TEA DAY  
25TH JUNE



INDEPENDENCE DAY  
2ND JULY



# WEEK 3 | MENU

MON

TUES

WED

THU

FRI

## MAIN MEAL

Mediterranean vegetable,  
basil and onion paella  
(Ce)

Fruity lamb tagine with  
cous cous  
(G)

Sliced roast Norfolk turkey  
breast, roast gravy (G,Ce),  
sage and cranberry stuffing  
(Mk,E,G)  
with crispy roast potatoes  
with cranberry sauce  
(Su,So,Se)

Indian spiced tandoori  
chicken pieces with  
coriander rice, onion salad,  
mint yoghurt and mango  
chutney  
(Mk,G,Ce)

Breaded cod fish fingers  
(F,G) lemon wedges  
With oven baked chips  
Or  
Smoked haddock kedgeree,  
boiled eggs and coriander  
salsa (So, Mk, E, G)

## VEGETARIAN

Thai green vegetable curry  
with roasted aubergine  
and yellow rice  
(G, So)

Vegetarian toad in the hole  
with Linda McCartney  
veggie sausages, creamy  
mash or sweet potato  
mash  
(So, Mk, G,E)

Spanish omelette  
with potatoes,  
cheddar and peas  
(Mk,E)

Asian vegetable pad thai  
with flat noodles  
and egg  
(E)

Dairy free green risotto,  
peas, courgettes,  
watercress pesto and  
rocket salad  
(None)

## VEGGIES

Sweetcorn  
Broccoli

Garden peas  
Baked beans

Carrots  
Leeks

Spicy cauliflower tempura  
Green beans

Mushy peas  
Baked bean

## PUDDING

Lemon drizzle cake  
(Mk,E,G)

Fresh fruit, vegetarian jelly  
or yoghurt  
(Mk)

Mixed berry flapjack  
(Mk,G)

Fresh fruit, vegetarian jelly  
or yoghurt  
(Mk)

Warm chocolate brownie  
and ice cream  
(Mk,E,G)

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Week 3 commencing:  
16 March, 27 April, 18 May, 15 June, 6 July



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2ND JULY