

# Spring Menu 2020

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday
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**Week One**

6<sup>th</sup> Jan  
27<sup>th</sup> Jan  
24<sup>th</sup> Feb  
16<sup>th</sup> Mar

Option 1	Sausage Roll with Oven Baked Wedges	Spaghetti Bolognaise With Garlic Slice	Roast Pork Loin, Roast Potatoes and Gravy	Sweet & Sour Chicken With Rice	Fishfingers/ Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Quorn Sausage with Oven Baked Wedges	Soya Bolognaise With Wholemeal Pasta & Garlic Slice 	Quorn Roast Fillet with Roast Potatoes and Gravy	Sweet & Sour Quorn With Rice	Red Pepper & Cheese Frittata with Chips & Tomato Sauce
Vegetables	Peas & Baked Beans	Sweetcorn & Peppers	Carrots & Green Beans	Mixed Vegetables	Baked Beans & Peas
Dessert	Rice Pudding With Mixed Berries Yoghurt or Fresh Fruit	Eves Pudding with Custard Yoghurt or Fresh Fruit	Ice Cream & Peaches (vanilla shortbread for serveries) Yoghurt or Fresh Fruit	Oaty Cookie Yoghurt or Fresh Fruit 	Tutti Fruity Friday Yoghurt

**Week Two**

13<sup>th</sup> Jan  
3<sup>rd</sup> Feb  
2<sup>nd</sup> Mar  
23<sup>rd</sup> Mar

Option 1	Wholemeal Ham, Cheese & Tomato Pizza With New Potatoes	Chicken Curry with Rice	Roast Chicken With Stuffing, Roast Potatoes and Gravy	Sausage Pasta Bake	Battered Fish with Chips & Tomato Sauce
Option 2	Cheese & Tomato Pizza With New Potatoes	Lentil and Sweet Potato Curry with Rice 	Vegetarian Wellington with Roast Potatoes and Gravy 	Wholemeal Vegetable Pasta Bake	Cheese & Tomato Quiche with Chips
Vegetables	Sweetcorn & Coleslaw	Mixed Vegetables	Carrots & Cabbage	Sweetcorn & Broccoli	Baked Beans & Peas
Dessert	Oaty Pear Crumble and Custard Yoghurt or Fresh Fruit 	Chocolate Cake with Chocolate Sauce Yoghurt or Fresh Fruit	Apple, Cheese and Crackers Yoghurt or Fresh Fruit	Orange and Lemon Shortbread Yoghurt or Fresh Fruit	Tutti Fruity Friday Yoghurt

**Week Three**

20<sup>th</sup> Jan  
10<sup>th</sup> Feb  
9<sup>th</sup> Mar  
30<sup>th</sup> Mar

Option 1	Beefburger In A Bun With Oven Baked Wedges	Chicken Pie with New Potatoes	Roast Turkey With Roast Potatoes and Gravy	Beef Lasagne & Garlic Slice	Fishwich with Chips & Tomato Sauce
Option 2	Quorn Burger In A Bun With Oven Baked Wedges	Creamy Vegetable Pie (Mash Topping)	Homity Pie (Potato, Cheese & Spinach Tart) with Roast Potatoes	Vegetable Lasagne With Garlic Slice	Vegetable Sausage With Chips & Tomato Sauce 
Vegetables	Sweetcorn & Peas	Swede & Carrot	Carrots & Broccoli	Green Beans & Cauliflower	Baked Beans & Peas
Dessert	Wholemeal Apple Crumble & Custard Yoghurt or Fresh Fruit 	Banana Sponge With Cream Yoghurt or Fresh Fruit	Ice Cream & Mandarins (Vanilla Shortbread for Serveries) Yoghurt or Fresh Fruit	Chocolate and Orange Brownie Yoghurt or Fresh Fruit	Tutti Fruity Friday Yoghurt

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.