

SCHOOL LUNCH MENU: SUMMER 2019 - FIRST HALF TERM

WEEKS 1 & 4 w/c 23 Apr & 13 May	Main meal (pink band)	Meat-free meal (green band)	Pasta pot (orange band)	Jacket potato (blue band)	Dessert
MONDAY	Pasta with beef meatballs in tomato sauce and garlic bread	Pasta with veggie soya balls in tomato sauce and garlic bread	Pasta with tomato sauce and optional cheese	Children can have a choice of toppings:- baked beans, tuna mayonnaise, coleslaw, grated cheese	Marble cake with custard
TUESDAY	Breaded chicken fillet with savoury rice and mixed salad	Breaded quorn fillet with savoury rice and mixed salad	Pasta with nut-free pesto and optional cheese		Blueberry muffins
WEDNESDAY	Ham and cheese pizza with mixed salad	Homemade vegetable and cheese lattice slice	Pasta with tomato sauce and optional cheese		Strawberries with jelly
THURSDAY	Chicken chow mein with egg noodles	Margarita pizza with mixed salad	Pasta with nut-free pesto and optional cheese		Banana and chocolate flapjacks
FRIDAY	Breaded fish with potato waffles	Quorn hot dog in a bun with salad	Pasta with tomato sauce and optional cheese		Pancakes with strawberries

WEEKS 2 & 5 w/c 29 Apr & 20 May	Main meal (pink band)	Meat-free meal (green band)	Pasta pot (orange band)	Jacket potato (blue band)	Dessert
MONDAY	Spaghetti with beef bolognese and garlic bread	Spaghetti with vegetarian bolognese and garlic bread	Pasta with nut-free pesto and optional cheese	Children can have a choice of toppings:- baked beans, tuna mayonnaise, coleslaw, grated cheese	Raisin shortbread
TUESDAY	BBQ chicken with diced potatoes and vegetables	BBQ quorn fillets with vegetables	Pasta with tomato sauce and optional cheese		Vanilla sponge with custard
WEDNESDAY	Baked pork sausage roll with mashed potato and vegetables	Cheese and onion puffs with mashed potato and vegetables	Pasta with nut-free pesto and optional cheese		Fruit trifle
THURSDAY	Roast turkey with yorkshire pudding, roast potatoes and gravy	Chickpea and vegetable jambalaya	Pasta with tomato sauce and optional cheese		Chocolate chip cookies
FRIDAY	Fish fingers with chips and peas	Cheese and tomato omelette with chips and peas	Pasta with nut-free pesto and optional cheese		Waffles with raspberries

WEEK 3 w/c 7 May	Main meal (pink band)	Meat-free meal (green band)	Pasta pot (orange band)	Jacket potato (blue band)	Dessert
MONDAY	Bank Holiday	Bank Holiday	Bank Holiday	Children can have a choice of toppings:- baked beans, tuna mayonnaise, coleslaw, grated cheese	Bank Holiday
TUESDAY	Pork sausage with mashed potato	Veggie red onion sausage with mashed potato	Pasta with nut-free pesto and optional cheese		Fruit salad and ice cream
WEDNESDAY	Cheesy chicken pasta bake with corn on the cob	Macaroni cheese with corn on the cob	Pasta with tomato sauce and optional cheese		Homemade cookies with apricots
THURSDAY	Beef burger in a bun with crunchy salad	Veggie burger in a bun with crunchy salad	Pasta with nut-free pesto and optional cheese		Upside down pineapple cake with custard
FRIDAY	Breaded fish with wedges	Veggie dippers with wedges	Pasta with tomato sauce and optional cheese		Mandarin jelly

*Wholemeal pasta or noodles

- All meals are served with fresh seasonal vegetables on the side if not incorporated in the dish
- A mixed salad bar, a selection of fruits and a bread basket are available every day
- Yoghurts are available as an alternative dessert
- Semi-skimmed milk is offered as an optional drink



Let's get moving and eating healthily!

ACTIVE WEEK : 20th May - 24th May

FRUIT BAR SPECIAL THIS WEEK



CHALLENGE YOURSELF TO TRY NEW FRUIT AND STAY ACTIVE THIS WEEK!!