

# Spring / Summer 2018 Menu



with **The Greens**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 - 16TH APRIL, 7TH MAY, 4TH JUNE, 25TH JUNE, 16TH JULY, 10TH SEPT, 1ST OCT</b>				
Sausages in a Roll with Homemade Tomato Ketchup and Potato Wedges	Chicken and Sweetcorn Pizza with Half a Jacket Potato	Pasta Bolognese with Freshly Made Bread	Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes	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	Jacket Potato with a Choice of Fillings	Vegetable and Bean Pasty with Gravy and Roast Potatoes	BBQ Beany Wrap with Chips or Pasta Twists
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Sweetcorn and Baked Beans	Coleslaw and Vegetable Sticks	Selection of Freshly Prepared Salads	Carrots and Broccoli	Baked Beans and Peas
Flapjack with Fruit Salad	Lemon Drizzle Cake	Custard Biscuit	Fruity Jelly with Ice Cream	Chocolate Shortbread with Fruity Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 - 23RD APRIL, 14TH MAY, 11TH JUNE, 2ND JULY, 23RD JULY, 17TH SEPT, 8TH OCT</b>				
Chicken Curry with Rice	Chicken and Vegetable Pasta with Freshly Made Bread	Cottage Pie with Gravy and Freshly Made Bread	Roast Pork with Apple Sauce, Gravy and Roast Potatoes	Fish Fingers with Homemade Tomato Ketchup and Chips or Pasta Twists
Cheese and Tomato Pizza with Potato Salad	Vegetarian Sausages with Potato Wedges	Jacket Potato with a Choice of Fillings	Mediterranean Vegetable Puff Pastry Tart with Gravy and Roast Potatoes	Cheesy Courgette Sausages with Tomato Ketchup and Chips or Pasta Twists
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Sweetcorn and Green Beans	Peas and Carrots	Selection of Freshly Prepared Salads	Carrots and Cabbage	Baked Beans and Peas
Banana Cake with Custard	Carrot Cake	Fruit Jelly	Ice Cream with Peaches and Fruit Sauce	Chocolate Krispie with Fruity Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 - 30TH APRIL, 21ST MAY, 18TH JUNE, 9TH JULY, 3RD SEPT, 24TH SEPT, 15TH OCT</b>				
Beef Burger in a Bun with Mayonnaise with Potato Wedges	Beef and Tomato Pizza with Half a Jacket Potato	Lasagne with Freshly Made Bread	Roast Chicken with Sage and Onion Stuffing, Gravy and Roast Potatoes	Fish Fingers or Salmon Fish Fingers with Homemade Tomato Ketchup and Chips or Pasta Twists
Vegetable Cottage Pie with Gravy and Freshly Made Bread	Macaroni Cheese with Freshly Made Bread	Jacket Potato with a Choice of Fillings	Vegetable Gratin with Gravy and Roast Potatoes	Cheese and Tomato Quiche with Chips or Pasta Twists
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Sweetcorn and Peas	Coleslaw and Green Beans	Selection of Freshly Prepared Salads	Carrots and Broccoli	Baked Beans and Peas
Vanilla Cake with Custard	Chocolate Crunch with Fruit Salad	Chocolate Fudge Cake	Ice Cream with Chocolate Sauce	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

