**Spring & Summer Menus 2018**

**A+ SCHOOL MEALS** We are committed to educating, promoting and encouraging the benefits of a healthy, nutritious balanced diet for now and the future. The UK School Foods Standards covers all food served within the school day. All our meals are freshly prepared on site daily by our dedicated catering team.

**Monday**

**Week 1**
- Meatballs with fresh tomato sauce.
- Pizza margherita (V).
- Tuna wrap.
- Jacket potato with choice of filling.
- Pasta, half jacket potato, peas and sweetcorn.
- Cornflakes, tart and custard.
- Fresh fruit, cheese and biscuits, yoghurt.

**Week 2**
- 500g Chicken.
- Tuna and sweetcorn half baguette.
- Jacket potato with choice of filling.
- Rice or noodles, peas and carrots.
- Beef and chocolate muffin.
- Fresh fruit, cheese and biscuits, yoghurt.

**Week 3**
- Baked fish.
- Pizza wrap (V).
- Tuna and sweetcorn half baguette.
- Jacket potato with choice of filling.
- Rice, mixed salad, peas, garlic bread, half jacket.
- Arctic roll.
- Fresh fruit, cheese and biscuits, yoghurt.

**Tuesday**

- Roast Chicken.
- Guacamole and sour cream (V).
- Ham and tomato wrap.
- Jacket potato with choice of filling.
- Roast potatoes, carrots and cauliflower.
- Ice cream and peaches.
- Fresh fruit, cheese and biscuits, yoghurt.

- Sausage with onion gravy.
- Quorn meatballs with gravy (V).
- Ham finger roll.
- Jacket potato with choice of filling.
- Creamed potatoes, pasta, apple crumble and custard.
- Fresh fruit, cheese and biscuits, yoghurt.

- All day breakfast (omelette, sausage or vegetarian sausage (V), baked beans).
- Homemade quiche (V).
- Coronation chicken wrap.
- Jacket potato with choice of filling.
- Ham, browned, baked beans, peas, baby baked new potatoes.
- Sticky cake and custard.

**Wednesday**

- Roast Chicken.
- Guacamole and sour cream (V).
- Cheese baguette.
- Jacket potato with choice of filling.
- Roast potatoes, carrots and cauliflower.
- Ice cream and peaches.
- Fresh fruit, cheese and biscuits, yoghurt.

- Chicken tikka.
- Cheese whirl (V).
- Egg mayonnaise finger roll.
- Jacket potato with choice of filling.
- Rice, naan bread, mixed salad, peas, crispy chocolate cake.
- Fresh fruit, cheese and biscuits, yoghurt.

- Spaghetti bolognese.
- Ham and cheese wrap (V).
- Tuna wrap.
- Jacket potato with choice of filling.
- Garlic bread, mixed salad, sweetcorn, half jacket potato.
- Jelly and fruit.
- Fresh fruit, cheese and biscuits, yoghurt.

**Thursday**

- Fish fingers.
- Vegetable nuggets (V).
- Beef burger (V).
- Half chicken baguette.
- Jacket potato with choice of filling.
- New potatoes, mixed vegetables.
- Cornflakes, custard.
- Fresh fruit, cheese and biscuits, yoghurt.

- Savoury mince with Yorkshire pudding.
- Quorn burger (V).
- Half chicken baguette.
- Jacket potato with choice of filling.
- Mixed vegetables.
- Cornflakes, custard.
- Fresh fruit, cheese and biscuits, yoghurt.

- 100% beef burger in a bun.
- Quorn & vegetables in a sweet and sour sauce (V).
- Egg mayonnaise finger roll.
- Jacket potato with choice of filling.
- Noodles, half jacket potato, sweetcorn and carrots.
- Shortbread biscuits with jam.
- Fresh fruit, cheese and biscuits, yoghurt.

- Baked fish.
- Vegetable nuggets (V).
- Turkey wrap.
- Jacket potato with choice of filling.
- Chips, pizza, baked beans.
- Mince cake.
- Fresh fruit, cheese and biscuits, yoghurt.

**Available daily** - assorted yoghurt, chopped fresh fruit, fresh wholemeal bread, salad pots and leg of fresh water.

**Allergy advice** - All our food is prepared in a kitchen where traces of nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergy information available from your school. (V) Suitable for vegetarians or vegetarians (V) optional. Bar fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative.

Any menu we serve will vary depending on availability.

We only select fish from sustainable sources.