

SUMMER MENU 2018

	<u>Menu Week 1</u>	<u>Menu Week 2</u>	<u>Menu Week 3</u>
	Bread available every day	Bread available every day	Bread available every day
	Monday	Monday	Monday
Meat Option	Farfalle pasta bows with turkey meatballs in a tomato and pepper sauce	Traditional beef lasagne with garlic bread & mixed salad	Cheeseburger with seasoned wedges and cherry tomatoes
Veg Option	Farfalle pasta bows with veggie balls in a tomato and pepper sauce	Spinach & mushroom lasagne as above	Veggie burger with seasoned wedges and cherry tomatoes
Dessert	Muller yoghurt	Muller yoghurt	Muller yoghurt
	Tuesday	Tuesday	Tuesday
Meat Option	Five bean mild chilli with wholemeal rice and garlic bread	Cheese & ham loaded potato skins with baked beans	Mini pork sausages with mash and baked beans.
Veg Option	Five bean mild Quorn chilli with wholemeal rice and garlic bread	Baked potato with cheese and beans	Red onion & rosemary sausages with mash and baked beans
Dessert	Watermelon or honeydew wedge	Fresh fruit	Fresh fruit salad
	Wednesday	Wednesday	Wednesday
Meat Option	Chicken breast nuggets with smiles and green salad	Chicken & butternut squash curry & wholegrain rice	Chorizo, pepper & tomato penne pasta with salad & ciabatta
Veg Option	Veggie kiev with smiles and green salad	Quorn & butternut squash curry & wholegrain rice	Tomato & pepper pasta
Dessert	Sticky toffee pudding & ice cream	Mandarin jelly	Strawberry Eton mess
	Thursday	Thursday	Thursday
Meat Option	Chipolata sausages with roast potatoes, peas and gravy	Roast beef, Yorkshire pudding, roasties, broccoli & cauliflower florets. Dessert: Banana & oat muffin	Roast chicken, roasties, broccoli and baby carrots
Veg Option	Veggie sausages with roast potatoes, peas and gravy	Quorn fillet, Yorkshire pudding, roasties, broccoli & cauliflower florets. Dessert: Banana & oat muffin	Quorn fillet, roasties, broccoli and baby carrots
Dessert	Strawberry cookie	Banana & oat muffin	Pink Lady apple or banana
	Friday	Friday	Friday
Meat Option	Cod fish finger served in a wholemeal finger roll with lettuce and mayo and seasoned wedges	Cod fishcake with herb diced potatoes, sweetcorn & ketchup. Dessert: Mini milk	50/50 tortilla wrap with either salmon or tuna mayo, cucumber sticks or baby new potatoes
Veg Option	Mac and cheese	Warm falafel with herb diced potatoes, sweetcorn & ketchup	50/50 cheddar cheese wrap, cucumber sticks or baby new potatoes
Dessert	Organic apple ice lolly	Mini milk	Apricot fruity flapjack