

Spring/Summer Menu 2019 week 1	Monday <small>(meat free)</small>	Tuesday	Wednesday	Thursday	Friday		
Main Choice	Homemade Cheese & Tomato Pizza served with jacket wedges	Homemade Crusty Topped Chicken & Sweetcorn Pie	Oven Baked Sausage with Onion Gravy	Beef Lasagne	MSC Fish Finger with chips & homemade tomato sauce		Milk & dairy daily every day
Vegetarian Choice	Quorn Fajitas	Homemade Shepherdess Pie	Quorn Sausage with Onion Gravy	Vegetable Biryani	Pollack Fillet with Lemon & Herb Coating		Starch food in fat no more than twice
Alternative Choice	Jacket Potato with Various Fillings	MSC Lemon Crumb Salmon Fillet	Homemade Cheese & Onion Pastie	Summer Vegetable Stir Fry	Quorn Dipper Picnic Pitta		meat/poultry 3 times week
Sides	Oven Baked Jacket Wedges	Steamed Parsley New Potatoes	Creamy Mashed Potato	Garlic & Herb Bread	Oven Baked Chips		Manufactured no more than once week
Vegetables	Homemade Coleslaw Minted Garden peas	Green Beans Fresh Seasonal Organic Carrots	Mixed Vegetables Seasonal Fresh Broccoli	Sweetcorn Fresh Spring Greens	Baked Beans Minted Garden Peas		Deep fried no more than 2 a week
Salads	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection		oily fish every 3 weeks
Desserts	Carrot Cake with Organic Milk & Fresh Fruit Slice	Apple & Pear Sponge with Custard	Rhubarb Crumble & Custard	Cheese & Biscuits with English Apple Slice	Peaches with Ice Cream		pastry twice week only
DAILY	Organic Fruit Yogurt with Seasonal Fresh Fruit	Cheese & Crackers with Fresh Apple Slice	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	Cheese & Crackers with Fresh Apple Slice		
DAILY	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit		
Bread	Organic Homemade Cheesy Bread	Organic Homemade Tomato Bread	Organic Homemade Bread Roll Section	Organic Wholemeal Bread	Homemade Organic French Stick		50% fruit pudding twice

