

Spring/Summer Menu 2019 week 2	Monday <small>(meat free)</small>	Tuesday	Wednesday	Thursday	Friday		
<b>Main Choice</b>	Vegetarian Chilli	Beef Burger served in a bap with tomato relish	Jerk Chicken	Roast Turkey & Stuffing	MSC Fish Fingers served with Lemon Twist		Milk & dairy daily
<b>Vegetarian Choice</b>	Vegetable Jollof Rice	Homemade Quorn Mince & Lentil Burger	Ploughman's Platter	Vegetarian Bolognese with Wholemeal Spaghetti	Mac 'n' Cheese		Starch food in fat no more than twice
<b>Alternative Choice</b>	Arrabiatta Pasta	Jacket Potato served with a choice of fillings	MSC Lemon Crumb Salmon Fillet	Vegetable Samosa	Crispy Homemade Battered MSC Cod Fillet with Lemon Wedge		meat/poultry 3 times week
<b>Sides</b>	50/50 Mixed Rice	Jacket Wedges	Minted New Potatoes 50/50 Mixed Rice	Roasted Rosemary Potatoes	Oven Baked Chips		Manufactured no more than once week
<b>Vegetables</b>	Sweetcorn Fresh Seasonal Broccoli	Fresh Seasonal Organic Carrots Beans Green	Coleslaw Garden Peas	Roasted Seasonal Vegetable Sweetcorn	Baked Beans Grilled 1/2 Tomato		Deep fried no more than 2 a week
<b>Salads</b>	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
<b>Desserts</b>	Summer Fruit Yogurt Crunch Pots	Rice Pudding with Peach Compote	Homemade Fruity Flapjack with Organic Milk	Banana Cake served with Custard	Chocolate Cracknel with Custard		pastry twice week only
<b>DAILY</b>	Organic Fruit Yogurt with Seasonal Fresh Fruit	Cheese & Crackers with Fresh Apple Slice	Organic Fruit Yogurt with Seasonal Fresh Fruit	Cheese & Crackers with Fresh Apple Slice	Organic Fruit Yogurt with Seasonal Fresh Fruit		
<b>DAILY</b>	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit		
<b>Bread</b>	Organic Crusty Homemade Bread	Organic Homemade Focaccia Bread with Fresh Herbs	Organic Homemade Herby Bread	Organic Crusty Homemade Bread	Organic Homemade Garlic Bread Slice		50% fruit pudding twice

