

Spring/Summer Menu 2019 week 3	Monday <small>(meat free)</small>	Tuesday	Wednesday	Thursday	Friday		
<b>Main Choice</b>	Creamy Pasta Gratin	Minced Beef Chilli Wraps	Swedish Style Loaded Pizza	Honey Coated Sticky Chicken	MSC Fish Fingers & tomato sauce		Milk & dairy daily
<b>Vegetarian Choice</b>	Chick Pea & Spinach Curry served with 50/50 rice	Quorn Thai Style Jasmine Rice	Cheese & Tomato Pizza	Homemade Falafel served in a wholemeal pitta bread	Sweet Pepper Pasta		Starch food in fat no more than twice
<b>Alternative Choice</b>	Jacket Potato with Various Fillings	Chicken & Ginger Stir Fry served with noodles	Sausage in a Roll with Caramlised Onions	Tuna Pasta Bake topped with a herby crust	Homemade Fish Cake with Lemon Wedge		meat/poultry 3 times week
<b>Sides</b>	50/50 Mixed Rice	Noodles	Baked Jacket Wedges	50/50 Mixed Rice	Oven Baked Chips		Manufactured no more than once week
<b>Vegetables</b>	Sweetcon Green beans	Fresh Seasonal Broccoli Fresh Seasonal Organic Carrots	Mixed Vegetables Sweetcorn	Rainbow Coleslaw Spicy Courgette Batons	Baked Beans Garden Peas		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>	Pineapple Upside Down Cake with Custard	Chocolate & Beetroot Brownie with Organic Milk & Fresh Fruit Slice	Fruit Jelly Pot with Fresh Fruit Slice	Vanilla & Berry Sponge with Custard	Fresh Water Melon Slices		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 Homemade Herby Bread	Organic Homemade Focaccia Bread with Rosemary & Cherry tomatoes	Organic 50/50 Bread	Organic Homemade Wholemeal & Oat Bread	Organic Crusty Homemade Bread		50% fruit pudding twice



