

Summer Term 2017

Week commencing 18th April

Tuesday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, EGG

Garlic bread

ALLERGENS: WHE, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & olives

Vinaigrette dressing served separately

ALLERGENS: MIL, MUS

Seasonal fruit salad

Wednesday

Chicken brochettes, ratatouille & pilaf rice

ALLERGENS: WHE, CEL, SUL, MIL

Halloumi & vegetable skewers, ratatouille & pilaf rice (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, new potatoes, green beans, carrot batons & lemon

ALLERGENS: FIS, MIL, WHE, EGG

Leek & cheddar croquettes, new potatoes, green beans & carrot batons (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Apple

Friday

Slow cooked Moroccan lamb tagine, barley couscous

ALLERGENS: CEL, WHE,

Spring vegetarian tagine, barley couscous (v)

ALLERGENS:

Feta, cucumber & cherry tomato salad

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini orange cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 24th April

Monday

Beef meatballs, tomato & basil wholemeal penne, parmesan served separately

ALLERGENS: WHE, EGG, CEL, MIL

Aubergine polpettine, tomato & basil wholemeal penne, parmesan served separately (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Tomato & mozzarella salad

Vinaigrette dressing served separately

ALLERGENS: MIL, MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef stroganoff, pilaff rice, green beans & carrot batons

ALLERGENS: WHE, MIL, CEL, SUL

Mixed mushroom stroganoff, pilaff rice, green beans & carrot batons (v)

ALLERGENS: WHE, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Chicken pie, baby new potatoes, broccoli & carrots

ALLERGENS: WHE, MIL, CEL

Roast vegetable & goats cheese pie, baby new potatoes, broccoli & carrots (v)

ALLERGENS: WHE, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Apple

Friday

Chinese chicken with peppers, courgettes, baby corn, carrots & egg fried rice

ALLERGENS: SOY

Chinese tofu with peppers, courgettes, baby corn, carrots & egg fried rice (v)

Prawn crackers

ALLERGENS: WHE, FIS

Mini pineapple cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 1st May

Tuesday

Spanish style lamb meatballs, courgettes, peppers, green beans & crispy potatoes

ALLERGENS: WHE, EGG, CEL, MIL

Broccoli, new potato & feta tortilla with courgettes, peppers & crispy potatoes (v)

ALLERGENS: EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Chicken cacciatore with buttered pasta

ALLERGENS: WHE, CEL, SUL

Spring risotto with asparagus, peas & courgettes (v)

Garden salad with shredded iceberg, cherry tomato, cucumber & olives

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, wholegrain basmati rice, tender stem broccoli & sugar snaps

ALLERGENS: FIS, SOY

Sticky braised aubergine & tofu, wholegrain basmati rice, tender stem broccoli & sugar snaps (v)

ALLERGENS: SOY

Wholegrain/white baguette slice

ALLERGENS: WHE

Apple

Friday

North Indian style lamb curry with pilaf rice

ALLERGENS: MIL,

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan breads

ALLERGENS: WHE

Mini lemon cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 8th May

Monday

Slow cooked Italian beef ragout, wholegrain penne pasta, parmesan served separately

ALLERGENS: WHE, MIL, CEL, SUL

Aubergine a la arriabatta, cherry tomatoes, spinach, feta, wholegrain penne pasta (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Grated carrot salad with shredded iceberg

Vinaigrette served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken fricassee, steamed rice, green beans & carrot batons

ALLERGENS: WHE, MIL, CEL

Mixed mushroom fricassee, steamed rice, green beans & carrot batons (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Beef chipolatas, baby new potatoes, carrots, peas, sweetcorn & gravy

ALLERGENS: WHE, MIL

Vegetarian sausages, baby new potatoes, carrots, peas, sweetcorn & gravy (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Italian baked cod with black olives & tomato sauce, garlic roast potatoes, green beans & roast peppers

ALLERGENS: FIS, CEL

Aubergine Provencal, garlic roast potatoes, green beans & roast peppers (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

BBQ chicken skewers with pilaf rice & corn on the cob

ALLERGENS: WHE, EGG, SOY

BBQ vegetable skewers with pilaf rice & corn on the cob (v)

ALLERGENS: WHE, EGG, SOY

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini carrot cakes with cream cheese frosting (NO NUTS)

ALLERGENS: WHE, MIL, EGG

Week commencing 15th May

Monday

Chicken parmigiana, tomato & basil wholegrain penne, parmesan served separately

ALLERGENS: WHE, EGG, CEL, MIL

Spinach & ricotta tortellini, sun blushed tomato, creamy basil sauce (v)

ALLERGENS: WHE, EGG, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & olives

Vinaigrette dressing served separately

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, creamy mash, green beans & carrot batons

ALLERGENS: MIL, WHE, EGG

Bean burger, creamy mash, green beans & carrot batons (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Roast chicken breast, baby new potatoes, carrots, peas, sweetcorn & gravy

ALLERGENS: WHE, CEL, SUL

Butternut & chickpea roast, baby new potatoes, carrots, peas, sweetcorn & gravy (v)

ALLERGENS: WHE, EGG,

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Roast fillet of salmon, gnocchi in a light cream sauce, peas & asparagus

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Fresh gnocchi with asparagus & peas in a light cream sauce (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

Chicken shawarma skewers, pilaf rice & Middle eastern roast vegetables

ALLERGENS: WHE, MIL, CEL

Spinach & feta filo parcels, pilaf rice & Middle eastern roast vegetables (v)

ALLERGENS: WHE, MIL

White/wholemeal flat breads

ALLERGENS: WHE

Mini orange cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 22nd May

Monday

Creamy chicken macaroni bake

ALLERGENS: WHE, MIL, MUS

Macaroni cheese leeks, broccoli florets & cherry tomatoes (v)

ALLERGENS: WHE, MIL, MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Tomato & mozzarella salad

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef bourguignon, potato gratin & tenderstem broccoli

ALLERGENS: MIL, CEL, SUL

Ratatouille & lentil stuffed peppers with goat's cheese, potato gratin & tenderstem broccoli (v)

ALLERGENS: MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Chicken meatballs in a creamy sauce, steamed rice, green beans & carrot batons

ALLERGENS: WHE, EGG, MIL

Vegetarian meatballs in a creamy sauce, steamed rice, green beans & carrot batons (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Week commencing 29th May

Thursday

Breaded haddock, peas, sweetcorn & carrots, crispy potatoes, lemon & mayo sachets

ALLERGENS: WHE, EGG, FIS, MIL

Courgette & feta fritters, peas, sweetcorn & carrots, crispy potatoes & lemon (v)

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

Slow cooked Mexican beef chilli with tomato rice / grated cheddar served separately

ALLERGENS: CEL

Mexican bean & vegetable chilli with tomato rice (v)

ALLERGENS: CEL

Pots of tortilla chips

ALLERGENS: WHE, MIL

Mini chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 5th June

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, EGG

Garlic bread

ALLERGENS: WHE, MIL

Grated carrot salad with shredded iceberg

Vinaigrette served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken parmesan schnitzel, mash, green beans & lemon ketchup/mayo sachets

ALLERGENS: MIL, WHE, EGG

Pea, mint & basil risotto cakes, mash, green beans, lemon (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Beef meatloaf, BBQ sauce, crispy potatoes, sweetcorn & carrots

ALLERGENS: WHE, MIL, SUL, CEL

Butternut squash & lentil loaf, BBQ sauce, crispy potatoes, sweetcorn & carrots (v)

ALLERGENS: WHE, MIL, SUL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, wholegrain basmati rice, tender stem broccoli & sugar snaps

ALLERGENS: FIS, SOY

Sticky braised aubergine & tofu, wholegrain basmati rice, tender stem broccoli & sugar snaps (v)

ALLERGENS: SOY

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

Fragrant chicken coconut curry with pilaf rice

ALLERGENS: MIL,

Vegetable coconut curry with basmati rice (v)

ALLERGENS:

Mini naan breads

ALLERGENS: WHE

Mini lemon cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 12th June

Monday

Beef meatballs, tomato & basil penne, parmesan served separately

ALLERGENS: WHE, EGG, CEL, MIL

Aubergine polpettine, tomato & basil wholemeal penne, parmesan served separately (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Garden salad with shredded iceberg, cherry tomato, cucumber & olives

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, baby new potatoes, broccoli & carrots

ALLERGENS: WHE, MIL, CEL

Roast vegetable & goats cheese pie, new potatoes, broccoli & carrots (v)

ALLERGENS: WHE, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Chicken brochettes, ratatouille & pilaf rice

ALLERGENS: WHE, CEL, SUL, MIL

Halloumi & vegetable skewers, ratatouille & pilaf rice (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, new potatoes, green beans, carrot batons & lemon

ALLERGENS: FIS, MIL, WHE, EGG

Leek & cheddar croquettes, new potatoes, green beans & carrot batons (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

Slow cooked Moroccan lamb tagine with barley couscous

ALLERGENS: CEL, WHE,

Summer vegetarian tagine with barley couscous (v)

ALLERGENS:

Feta, cucumber & cherry tomato salad

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini orange cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 19th June

Monday

Grilled chicken skewers, wholegrain creamy pesto pasta, asparagus & courgettes
parmesan served separately

ALLERGENS: WHE, MIL

Grilled halloumi & vegetable skewers, creamy wholegrain pesto pasta, asparagus &
courgettes (v) parmesan served separately

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Tomato & mozzarella salad

Vinaigrette dressing served separately

ALLERGENS: MIL, MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Beef stroganoff, pilaff rice, green beans & carrot batons

ALLERGENS: WHE, MIL, CEL, SUL

Mixed mushroom stroganoff, pilaff rice, green beans & carrot batons (v)

ALLERGENS: WHE, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Chicken pie, baby new potatoes, broccoli & carrots

ALLERGENS: WHE, MIL, CEL

Roast vegetable & goats cheese pie, baby new potatoes, broccoli & carrots (v)

ALLERGENS: WHE, MIL, CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

Chinese chicken with peppers, courgettes, baby corn, carrots & egg fried rice

ALLERGENS: SOY

Chinese tofu with peppers, courgettes, baby corn, carrots & egg fried rice (v)

Prawn crackers

ALLERGENS: WHE, FIS

Mini pineapple cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 26th June

Monday

Slow cooked Italian beef ragout, wholegrain penne pasta, parmesan served separately

ALLERGENS: WHE, MIL, CEL, SUL

Aubergine a la arriabatta, cherry tomatoes, spinach, feta, wholegrain penne pasta (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Grated carrot salad with shredded iceberg

Vinaigrette served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken fricassee, steamed rice, green beans & carrot batons

ALLERGENS: WHE, MIL, CEL

Mixed mushroom fricassee, steamed rice, green beans & carrot batons (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Beef chipolatas, baby new potatoes, carrots, peas, sweetcorn & gravy

ALLERGENS: WHE, MIL

Vegetarian sausages, baby new potatoes, carrots, peas, sweetcorn & gravy (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Honey & soy baked salmon, wholegrain basmati rice, tender stem broccoli & sugar snaps

ALLERGENS: FIS, SOY

Sticky braised aubergine & tofu, wholegrain basmati rice, tender stem broccoli & sugar snaps (v)

ALLERGENS: SOY

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

Friday

North Indian style lamb curry with pilaf rice

ALLERGENS: MIL,

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan breads

ALLERGENS: WHE

Mini lemon cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 3rd July

Monday

Chicken parmigiana, tomato & basil wholegrain penne, parmesan served separately

ALLERGENS: WHE, EGG, CEL, MIL

Spinach & ricotta tortellini, sun blushed tomato, creamy basil sauce (v)

ALLERGENS: WHE, EGG, MIL

Garden salad with shredded iceberg, cherry tomato, cucumber & olives

Vinaigrette dressing served separately

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, mini potato wedges, corn on the cob

ALLERGENS: MIL, WHE, EGG

Bean burger, mini potato wedges, corn on the cob (v)

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Seasonal fruit salad

Wednesday

Chicken meatballs in a creamy sauce, steamed rice, green beans & carrot batons

ALLERGENS: WHE, EGG, MIL

Vegetarian meatballs in a creamy sauce, steamed rice, green beans & carrot batons (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Breaded haddock, peas, sweetcorn & carrots, crispy potatoes, lemon & mayo sachets

ALLERGENS: WHE, EGG, FIS, MIL

Courgette & feta fritters, peas, sweetcorn & carrots, crispy potatoes & lemon (v)

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry pots

HAPPY HOLIDAYS

KEY TO ALLERGENS

WHE: cereals containing gluten

CRU: crustaceans, for example prawns, crabs, lobster and crayfish

EGG: eggs

FIS: fish

PEA: peanuts

SOY: soybeans

MIL: milk

TRE: nuts, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts

CEL: celery (and celeriac)

MUS: mustard

SES: sesame

SUL: sulphur dioxide, which is a preservative found in some dried fruit

LUP: lupin

MOL: molluscs, for example clams, mussels, whelks, oysters, snails and squid