

SUMMER MENU 2017

FIRST & PRIMARY SCHOOL

WEEK ONE

Homemade Dish

Celery

Cereals Containing Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|--|--|
| Main Course Choices | <p>Salmon Fillet / Salmon Bites </p> <p>Tuna or Cheese Wrap </p> <p>Homemade Pizza Slice </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Spaghetti Bolognese or Lasagne </p> <p>Veggie Bolognese or Lasagne </p> <p>Cauliflower & Broccoli Cheese </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Roast of the Day with Yorkshire Pudding </p> <p>Cold Roast of the Day or Cheese Salad </p> <p>Roast of the Day Sandwich </p> <p>Quorn Pasta Bake </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Garlic Chicken / Chicken Curry </p> <p>Quorn Casserole / Curry </p> <p>Chicken Fajitas </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Pulled Chicken / Pork Sandwich with BBQ Sauce </p> <p>Cheese & Vegetable Bake </p> <p>Homemade Pizza Slice </p> <p>Jacket Potato with a Choice of Fillings </p> |
| Potatoes | Jacket Potato Wedges | Warm Garlic Bread | Roast Potatoes New Potatoes Crusty Bread | Wholemeal Rice Couscous New Potatoes | Chips Pasta |
| Pasta/Rice | | Warm Crusty Bread | | | |
| Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables |
| Salad Bowl | Seasonal Salad Plated Salads | Seasonal Salad Plated Salads | Seasonal Salad Plated Salads | Seasonal Salad Plated Salads | Seasonal Salad Plated Salads |
| Starters or Sweets | Fruit Muffin with a Glass of Milk | Homemade Fruit Sponge with Custard | Shortbread Biscuit with Slice of Fruit and Glass of Milk | Fruit Crumble or Apple Pie with Ice Cream | Flapjack with a Glass of Milk |



Fresh Fruit, Yoghurt and Bread available daily
Drinking Water is Available Daily on the Dining Room Tables

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- Homemade Dish
- Celery
- Cereals Containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--|---|--|--|--|
| Main Course Choices | <p>Chicken Pasta Bake </p> <p>Sweet Chilli Chicken & Sweetcorn Enchiladas </p> <p>Fish cake </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Savoury Mince Pie </p> <p>Veggie Mince Pie </p> <p>Spanish Omelette </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Roast of the Day with Yorkshire Pudding </p> <p>Cold Roast of the Day or Cheese Salad </p> <p>Roast of the Day Sandwich </p> <p>Quiche </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Curry of the Day </p> <p>Quorn Curry of the Day </p> <p>Casserole of the Day Or Pork Marengo </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Fish Fingers or Salmon Portion </p> <p>Homemade Pizza </p> <p>Jacket Potato with a Choice of Filling </p> |
| Potatoes Pasta / Rice | <p>Jacket Potato Wedges </p> <p>Crusty Bread</p> | <p>Creamed Potatoes </p> <p>Parsley Potatoes </p> | <p>Roast Potatoes </p> <p>New Potatoes</p> | <p>Basmati Rice </p> <p>Parsley potatoes</p> | <p>Chips </p> <p>Pasta</p> |
| Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables |
| Salad Bar | <p>Seasonal Salad </p> <p>Plated Salads </p> | <p>Seasonal Salad </p> <p>Plated Salads </p> | <p>Seasonal Salad </p> <p>Plated Salads </p> | <p>Seasonal Salad </p> <p>Plated Salads </p> | <p>Seasonal Salad </p> <p>Plated Salads </p> |
| Starters or Sweets | <p>Chocolate Brownie with a Glass of Milk </p> | <p>Peach / Fruit Sponge with Custard </p> | <p>Fruit and Jelly or Jelly and Ice Cream </p> | <p>Iced Cake </p> <p>Fruit Mousse Slice or Cheese and Biscuits </p> | <p>Homemade Biscuit with a Slice of Fruit or Fruit Meringue Nests </p> |

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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|---|--|--|---|
| Main Course Choices | <p>Chicken Fajitas / Wrap </p> <p>Sweet & Sour of the Day </p> <p>Quorn Sweet & Sour </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Savoury Mince & Dumplings / Shepherd's Pie </p> <p>Meat Free Mince & Dumplings / Shepherd's Pie </p> <p>Macaroni Cheese </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Roast of the Day with Yorkshire Pudding </p> <p>Cold Roast of the Day or Cheese Salad </p> <p>Roast of the day Sandwich </p> <p>Tuna or Cheese Melt </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Chicken & Sweetcorn Pie </p> <p>Quorn Pie </p> <p>Ricotta Tortellini with Tomato & Basil Sauce </p> <p>Jacket Potato with a Choice of Fillings </p> | <p>Oven Baked Sausage </p> <p>Meat Free Sausage </p> <p>Breaded Fish or Salmon portion </p> <p>Jacket Potato with a Choice of Fillings </p> |
| Potatoes Pasta / Rice | Jacket Potato Wedges Wholemeal Rice | Creamed Potatoes Crusty Bread | Roast Potatoes Parsley Potatoes | Creamed Potato Parsley Potatoes Crusty Bread | Chips Pasta |
| Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables |
| Salad Bar | Seasonal Salads Plated Salads | Seasonal Salads Plated Salads | Seasonal Salads Plated Salads | Seasonal Salads Plated Salads | Seasonal Salads Plated Salads |
| Starters or Sweets | Syrup / Jam / Ginger Sponge with Custard | Fruit Whip | Homemade Biscuit with a Glass of Juice | Tutti Frutti Cake | Fruit Cheesecake or Fruit Salad or Lemon Meringue pie |



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