

SUMMER MENU 2017

MIDDLE 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>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
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- Milk
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	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>Chicken Melt </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	<p>Jacket Potato Wedges</p> <p>Wholemeal Rice</p>	<p>Creamed Potatoes</p> <p>Crusty Bread</p>	<p>Roast Potatoes</p> <p>Parsley Potatoes</p>	<p>Creamed Potato</p> <p>Parsley Potatoes</p> <p>Crusty Bread</p>	<p>Chips</p> <p>Pasta</p>
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad Bar	<p>Seasonal Salads</p> <p>Plated Salads </p>	<p>Seasonal Salads</p> <p>Plated Salads </p>	<p>Seasonal Salads</p> <p>Plated Salads </p>	<p>Seasonal Salads</p> <p>Plated Salads </p>	<p>Seasonal Salads</p> <p>Plated Salads </p>
Starters or Sweets	<p>Syrup / Jam / Ginger Sponge with Custard </p>	<p>Fruit Whip </p>	<p>Homemade Biscuit with a Glass of Juice </p>	<p>Tutti Frutti Cake </p>	<p>Fruit Cheesecake or Fruit Salad or Lemon Meringue pie </p>



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