

# School Lunch Menu Spring/Summer 2018

## Week 1

### Monday

Roasted Sausages with Mash & Gravy  
Spanish Rice (V)  
Cold Option: Tuna & Cucumber High Fibre Roll  
Garden Peas & Sweetcorn  
Organic Yeo Valley™ Fruit Yogurt

### Tuesday

Cypriot Baked Macaroni  
Roasted Summer Vegetable and Feta Pasta (V)  
Cold Option: Cheese & Tomato Sandwich (V)  
Mixed Vegetables  
Fruit Salad

### Wednesday

Roast Chicken Drumsticks & Gravy  
Homemade Lentil & Vegetable Roast (V)  
Cold Option: Chicken Noodle Pot  
Carrots & Garden Peas  
Roast Potatoes  
Carrot Cake

### Thursday

Macaroni Cheese with Homemade Bread (V)  
Basil, Tomato & Chicken Pasta  
Cold Option: Tuna & Cucumber Sandwich  
Green Beans & Cauliflower  
Golden Oat Flapjack

### Friday

MSC\* Fish Fingers  
Potato & Onion Tortilla (V)  
Cold Option: Egg Mayonnaise High Fibre Roll (V)  
Organic Baked Beans, Sweetcorn & Oven Chips  
Jelly & Ice Cream

## Week 2

### Monday

Pasta Bolognese with Homemade Crusty Bread  
Linda McCartney™ Bolognese (V)  
Cold Option: Tuna & Cucumber High Fibre Roll  
Mixed Vegetables  
Organic Yeo Valley™ Fruit Yogurt

### Tuesday

Jerk Chicken Drumstick & Sunshine Rice  
Stuffed Peppers (V)  
Cold Option: Cheese & Tomato Sandwich (V)  
Garden Peas & Cauliflower  
Fruit Salad

### Wednesday

Roast Beef Meatloaf or Roast Lamb Meatloaf & Gravy  
Linda McCartney™ Stromboli (V)  
Cold Option: Chicken Noodle Pot  
Carrots & Garden Peas  
Roast Potatoes  
Banana Cake

### Thursday

Cheese Flan with New Potatoes (V)  
Sweet & Sour Chicken with Rice  
Cold Option: Tuna & Cucumber Sandwich  
Sweetcorn & Green Beans  
Chocolate Cracknel

### Friday

Margherita Pizza (V)  
Harry Ramsden™ Lemon Crumb Salmon  
Cold Option: Egg Mayonnaise High Fibre Roll (V)  
Organic Baked Beans, Sweetcorn & Oven Chips  
Ice Cream & Peaches

## Week 3

### Monday

Cheesy Whirl (V)  
Tortilla Stack (V)  
Cold Option: Tuna & Cucumber High Fibre Roll  
Sweetcorn & Baby Carrots  
Organic Yeo Valley™ Fruit Yogurt

### Tuesday

Shepherd's Pie  
Spanish Omelette with New Potatoes (V)  
Cold Option: Cheese & Tomato Sandwich (V)  
Garden Peas & Cauliflower  
Fruit Salad

### Wednesday

Roast Chicken Drumsticks & Gravy  
Borlotti Bean Crumble (V)  
Cold Option: Chicken Noodle Pot  
Mixed Vegetables  
Roast Potatoes  
Harvest Fruit Cake

### Thursday

Keema Matar with Steamed Rice  
Vegetarian Paella (V)  
Cold Option: Cheese Salad Sandwich (V)  
Steamed Broccoli & Baby Carrots  
Oaty Apple Crumble with Custard

### Friday

Harry Ramsden™ MSC\* Fish Fillet  
Margherita Pasta Bake (V)  
Cold Option: Egg Mayonnaise High Fibre Roll (V)  
Organic Baked Beans, Garden Peas & Oven Chips  
Chocolate Ice Cream Tub

**Unlimited Salad Bar** with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads.  
We do a range of wholemeal, white & homemade breads. Drink of the day (water, organic milk or fruit juice) and fresh fruit available daily.

*\*Our Fish is sustainable and MSC-certified (Marine Stewardship Council). All our eggs are free-range and our meat is Farm-Assured as a minimum.*

**Jacket Potato** offered daily with a choice of fillings.

