



# MAIN SCHOOL MENU - SUMMER 2024



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Spaghetti Carbonara (G, Mk) <small>May contain So</small>	Mediterranean Cod Fillet (F,Su) <small>May contain Ce</small>	Roast Chicken	Hot & Spicy Chicken Wings (G)	Cod Fish Fingers (F,G) Battered Cod Fillet (F,G)
Vegetarian Option	Arrabbiata Pasta (G)* <small>May contain Ce, E</small>	Sweet Potato Falafel* with Couscous (G) and homemade houmous	Vegetarian Quiche (G,Mk,E) Vegetable Pie (G, L)	Pizza (G,Mk,So)* <small>May contain E</small>	GF Vegan Sausage (So)* Quorn Vegan Nuggets (G)
On the side	Garlic Bread (G, Mk) <small>May contain Ce, Mu, Se,So</small> Fresh Broccoli	Basmati Rice Sugar Snap Peas (L)	Roast Potatoes Fresh Baton Carrots	Potato Wedges Sweetcorn Corn on the Cob	Chips Peas (L)
Loaded Spuds	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)
Selection of Artisan Breads and Cheese	French Baguette (G)/ Petit Pain (G) Cheese portion (Mk) & Pickle (G,Su)				
Something Sweet	Mini Chocolate Muffin (G, E,Mk,So)	Homemade Oaty Flapjack (G,Mk)	Apple Crumble & Cream (G,Mk)	Peaches & Custard (Mk)	Yogurt (Mk)
Lunch on the go	Assorted Sandwiches & Rolls available each day (See individual sandwich pack for list of allergens) Please also see separate Salad Bar Menu				
Chilled Desserts	Jelly, Yogurt (Mk), Fresh Fruit Salad, Fresh Fruit available each day				

\*Gluten Free Alternative Available



## ALLERGENS

Ce – Celery, Cr – Crustaceans, E – Egg, F – Fish, G – Gluten, L- Lupin, Legumes, Mk – Milk, Mo – Molluscs, Mu – Mustard,  
N – Nuts, P – Peanuts, Se – Sesame Seeds, So – Soya, Su – Sulphur Dioxide





# MAIN SCHOOL MENU - SUMMER 2024



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork or Chicken Sausage(G,Su)	Salmon sweet chilli, Lime & Ginger (F,G,So,Su) May contain Se	Tandoori Chicken Kebabs May Contain Mu, N, P	Chorizo & Pancetta Pasta (G,Su) May contain E, Ce	Scampi (Cr,G) May contain F, Mo
Vegetarian Option	Vegan Sausage(G)* or Butternut Squash & Sweet Potato Lasagne (G,Mk)* May contain E	Vegetable Spring Roll (Ce,G,So) May contain Mu, Se	Haloumi & Pepper Kebabs* (Mk,Su) or Sundried Tomato & Basil Pasta(G)	Vegetable Curry * Paneer (Mk) & Spinach	GF Plant Meatball (So)* Quorn Vegan Nuggets (G)
On the side	Lyonnaise Potatoes Peas (L)	Stir Fry Vegetable Noodles (G,So,Su) French Green Beans (L)	Basmati Rice Sweetcorn	Baby Naan Bread (G) Broccoli	Chips Peas (L)
Loaded Spuds	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)
Selection of Artisan Breads and Cheese	French Baguette (G)/ Petit Pain (G) Cheese portion (Mk)& Pickle (G,Su)				
Something Sweet	GF Chocolate Krispie Cake (Mk)	Raspberry Fool (Mk)	Vanilla Ice Cream(Mk) & Hot Chocolate Fudge Sauce(Mk)	Strawberry Gateaux (Mk,G,E)	Actimel Yogurt (Mk)
Lunch on the go	Assorted Sandwiches & Rolls available each day (See <i>individual sandwich pack</i> for list of allergens) Please also see separate Salad Bar Menu				
Chilled Desserts	Jelly, Yogurt (Mk), Fresh Fruit Salad, Fresh Fruit available each day				



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# MAIN SCHOOL MENU - SUMMER 2024



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fish Pie (F,Mk,E,Ce)	Homemade Chicken Curry (Mu) May contain G, N, P	Beef (G) or Chicken Burger (G,,E) in a Bap (G) May contain Se	Jerk Chicken (Mu) & Mango Salsa	Cod Fingers (F,G) Battered Cod (G,F)
Vegetarian Option	Spaghetti Puttanesca* (G) May contain E,Ce	Tandoori Paneer (Mk), May contain Mu, N,P Dhal (L) Vegetable Samosas (G, L, So) *	Veggie Burger (G,L) in a Bap (G)* May contain Se	Cheese & Onion Pasty(G,Mk) Vegan Sausage Roll (G,So)	GF Vegan Sausage (So)* Quorn Dippers (G)
On the side	Garlic Bread (G,Mk) May contain Ce, Mu, Se, So Sweetcorn	Rice French Green Beans (L)	Spiral Fries (G) Fresh Green Salad	Diced Potatoes Corn on the cob	Chips Peas (L)
Loaded Spuds	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)	Tuna (F, E) / Cheese (Mk) / Coleslaw(E) / Baked Beans (L)
Selection of Artisan Breads and Cheese	French Baguette (G)/ Petit Pain (G) Cheese portion (Mk) & Pickle (G,Su)				
Something Sweet	Mango Smoothie	Chocolate Brownie & Ice Cream (G,E,Mk) May contain So, N, P	Fresh Melon & Grape Salad	Cherry Pie (G) & Custard (Mk)	Yogurt (Mk)
Lunch on the go	Assorted Sandwiches & Rolls available each day (See individual sandwich pack for list of allergens) Please also see separate Salad Bar Menu				
Chilled Desserts	Jelly, Yogurt (Mk), Fresh Fruit Salad, Fresh Fruit available each day				

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