



# MAIN SCHOOL MENU - 15-19 APRIL 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Staff Inset	Staff Inset	Roast Chicken	Hot & Spicy Chicken Wings (G)	Cod Fish Fingers (F,G) Battered Cod Fillet (F,G)
Vegetarian Option			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			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)
Something Sweet			Apple Crumble & Cream (G,Mk)	Peaches & Custard (Mk)	Yogurt (Mk)
Lunch on the go			Assorted Sandwiches & Rolls available each day Please also see separate Salad Bar Menu <i>(See individual sandwich pack for list of allergens)</i>		
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 - 6-10 MAY 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BANK HOLIDAY	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		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		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)
Selection of Artisan Breads and Cheese	French Baguette (G)/ Petit Pain (G) Cheese portion (Mk) & Pickle (G,Su)				
Something Sweet		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



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# MAIN SCHOOL MENU- 1-5 JULY 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork or Chicken Sausage(G,Su)	Salmon sweet chilli, Lime & Ginger (F,G,So,Su) <small>May contain Se</small>	Tandoori Chicken Kebabs <small>May contain Mu, N, P</small>	Scampi (Cr,G)	END OF TERM
Vegetarian Option	Vegan Sausage(G)* or Butternut Squash & Sweet Potato Lasagne (G, Mk) * <small>May contain E</small>	Vegetable Spring Roll (Ce,G,So) <small>May contain Mu,Se</small>	Haloumi & Pepper Kebabs* (Mk, Su) or Sundried Tomato & Basil Pasta(G)	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	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)	
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)	Actimel Yogurt (Mk)	
Lunch on the go	Assorted Sandwiches & Rolls available each day (See <i>individual sandwich pack for list of allergens</i> ) Please also see separate Salad Bar Menu				
Chilled Desserts	Jelly, Yogurt (Mk), Fresh Fruit Salad, Fresh Fruit available each day				



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