

Main School SPRING TERM MENUS 2019

These weekly menus rotate throughout the spring term, including the Holiday Club weeks, which are highlighted in yellow.

AVAILABLE EVERY DAY

BREAKFAST:
Selection of cereals, toast, jam and spreads, yoghurt and fruit juice.

SNACK:
Fresh fruit
Milk

LUNCH:
Salad
Baked potato as an alternative.

OWLS & CLUB TEA:
Variety of sandwiches.
Biscuit or cake
Fresh fruit, milk or water

✓ Indicates that a vegetarian option is available as soya or equivalent.

* Indicates Halal equivalent available.

Our kitchen uses produce sourced from local suppliers

	WEEK 1 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr	WEEK 2 14 Jan, 4 Feb, 25 Feb, 18 Mar, 8 Apr	WEEK 3 21 Jan, 11 Feb, 4 Mar, 25 Mar
MONDAY	<p>Breakfast option: Mini croissant</p> <p>Snack: Crackers & cheese</p> <p>Lunch: Chicken tikka masala ✓* or kidney bean curry Steamed rice Peas & corn Jelly with biscuit curl</p>	<p>Breakfast option: Boiled eggs</p> <p>Snack: Biscuit & banana chips</p> <p>Lunch: Barbecue pork ✓ or roasted vegetables Herb diced potatoes Diced carrots Oat & ginger cake with custard</p>	<p>Breakfast option: Porridge</p> <p>Snack: Breadsticks & raisins</p> <p>Lunch: Tuna sauce ✓ with cheese or Vegetable risotto Penne pasta & garlic bread Green beans Cherry & oat crumble & custard</p>
TUESDAY	<p>Breakfast option: Porridge</p> <p>Snack: Orange scones</p> <p>Lunch: Roast gammon & gravy Spaghetti & veg bake Roast potatoes Green beans and/or swede Chocolate & pear crumble with sauce</p>	<p>Breakfast option: Mini croissant</p> <p>Snack: Breadsticks & cheese</p> <p>Lunch: Chilli con carne ✓* & taco or bean & veg chilli Steamed rice Diced carrots Lemon swirl cheesecake</p>	<p>Breakfast option: Baked beans</p> <p>Snack: Crackers & cheese</p> <p>Lunch: Spanish sausages ✓* or lentil and aubergine layer Steamed rice Minted peas Semolina & choc drops or jam</p>
WEDNESDAY	<p>Breakfast option: Breakfast muffins</p> <p>Snack: Raisin shortbread</p> <p>Lunch: Shepherd's pie ✓* & gravy or butternut & veg pie Sliced baguette Broccoli florets Vanilla ice cream & butterscotch sauce</p>	<p>Breakfast option: Porridge</p> <p>Snack: Marmite whirls</p> <p>Lunch: Roast chicken * & gravy or macaroni cheese Roast potatoes Steamed cabbage Courgette cake and custard</p>	<p>Breakfast option: Scrambled eggs</p> <p>Snack: Apricot flapjack</p> <p>Lunch: Turkey casserole ✓* or courgette and tomato quiche Steamed potatoes Cauliflower florets Eves pudding & vanilla sauce</p>
THURSDAY	<p>Breakfast option: Porridge</p> <p>Snack: Bread & butter</p> <p>Lunch: Beef meatballs ✓ or Mozzarella squares Fusilli pasta Mixed vegetables Jam & coconut sponge with custard</p>	<p>Breakfast option: Baked beans</p> <p>Snack: Marble cake</p> <p>Lunch: Chicken enchilada ✓* or Tortellini Potato wedges Sweetcorn Rice pudding & choc drops</p>	<p>Breakfast option: Toasted Crumpets</p> <p>Snack: Digestives</p> <p>Lunch: Bolognese ✓* or Vegetable lasagne Spaghetti Savoy cabbage Chocolate toothpaste</p>
FRIDAY	<p>Breakfast option: Scrambled eggs</p> <p>Snack: Breadsticks & cheese</p> <p>Lunch: Home fried battered fish or Cannelloni Potato wedges Baked beans and / or peas Shortbread friend biscuit</p>	<p>Breakfast option: Mini croissant</p> <p>Snack: Crackers & spread</p> <p>Lunch: Cheese & tomato pitta pizza or potato & red onion layer Chips or wedges Baked beans and / or peas Flapjack squares</p>	<p>Breakfast option: Porridge</p> <p>Snack: Cheese biscuit</p> <p>Lunch: Chicken fillet bites ✓* or Cheese & tomato jackets Chips or wedges Baked beans and / or peas Orange & chia cupcakes</p>

For all allergy advice please ask a member of the Catering team.