

Main School SPRING TERM MENUS 2020

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 natural yoghurt and fruit juice.


SNACK:
Fresh fruit
Milk

LUNCH:
Salad
Baked potato as an alternative.
Fresh fruit

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

Indicates that a **vegan** option is available as soya mince or chunks
✓ indicates **vegetarian** option
* Indicates **halal** equivalent.

Our kitchen uses produce sourced from local suppliers

	WEEK 1 6 th Jan, 27 th Jan, 17 th Feb, 9 th Mar, 30 th Mar	WEEK 2 13 th Jan, 3 rd Feb, 24 th Feb, 16 th Mar, 6 th Apr	WEEK 3 20 th Jan, 10 th Feb, 2 nd Mar, 23 rd Mar,
MONDAY	Breakfast option: Mini croissant Snack: Crackers & cheese Lunch: Fajita chicken * & pitta bread or roasted vegetables ✓ Potato wedges Sweetcorn Jam & coconut sponge & custard	Breakfast option: Boiled eggs Snack: Breadsticks & raisins Lunch: Paprika pork * or Cauliflower & broccoli bake ✓ Couscous or jacket potato Green beans Oaty fruit crumble with custard	Breakfast option: Porridge Snack: Oatmeal biscuit Lunch: Chinese chicken * or Sweet chilli oriental veg ✓ Noodles or rice Cauliflower florets Warm apple layer cake & cream
TUESDAY	Breakfast option: Porridge Snack: Breadsticks & raisins Lunch from around the world 	Breakfast option: Crumpets Snack: Digestive biscuit Lunch: Beef meatballs or Tortellini ✓ Tricolour pasta Mixed vegetables Semolina with jam or choc drops	Breakfast option: Baked beans Vegan day Snack: Flapjack square Lunch: Tomato & veg sauce with penne pasta Lentil & veg crumble Garlic bread slice Sweetcorn Vegan brownie or fruit
WEDNESDAY	Breakfast option: Breakfast muffins Snack: Lemon shortbread Lunch: Roast pork & gravy or macaroni & broccoli bake ✓ Roast potatoes Savoy cabbage Pear crumble & chocolate sauce	Breakfast option: Baked beans Snack: Sweet potato cake Lunch: Chicken & veg pie with gravy or mushroom risotto ✓ Mashed potato Sliced carrots Strawberry yogurt whip & wafer curl	Breakfast option: Mini croissant Snack: Breadsticks & cheese Lunch: Oven baked cod or vegetable cobbler ✓ Mashed potatoes Baked beans or peas Lemon love cake & custard
THURSDAY	Breakfast option: Porridge Snack: Biscuit & banana chips Lunch: Chicken tikka masala * or kidney bean curry ✓ Steamed rice & naan bread Broccoli florets Warm carrot cake square	Breakfast option: Baked beans Snack: Cheese & crackers Lunch: Bolognese * or Cheese & spinach quiche ✓ Herb dice potatoes Mixed vegetables Chocolate toothpaste	Breakfast option: Toasted Crumpets Snack: Marmite biscuit Lunch: Shepherd's pie & gravy or chilli mushrooms ✓ Mini petit pain Broccoli florets Marbled cake & chocolate sauce
FRIDAY	Breakfast option: Scrambled eggs Snack: Oaty energy balls Lunch: Cod fillet fish fingers or Cheese puffs ✓ Skin on fries or potato wedges Baked beans and / or peas Shortbread friend biscuit	Breakfast option: Mini croissant Snack: Savoury biscuit Lunch: Baked sausages * or courgette & tomato bake ✓ Skin on fries or wedges Baked beans and / or peas Lemon courgette cupcakes	Breakfast option: Porridge Snack: Orange polenta cake Lunch: Chicken fillet bites * or Gnocchi & red pepper bake ✓ Skin on fries or wedges Baked beans and / or peas Oat and chocolate rounds

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