

Main School SPRING TERM MENU 2021

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

Our kitchen uses seasonal, locally sourced ingredients.

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

	Week 1 4 Jan 18 Jan 1 Feb 15 Feb 1 Mar 15 Mar 5 Apr	Week 2 11 Jan 25 Jan 8 Feb 22 Feb 8 Mar 22 Mar 12 Apr
MONDAY	<p>Morning snack: Digestives & banana chips</p> <p>Lunch: Caribbean chicken or Vegetable & bean chilli ✓ Steamed rice Country mixed vegetables Apple & cherry oat crumble and vanilla sauce</p> <p>'Owls' Tea: Sausage pasta bake, garlic bread & broccoli florets Fromage frais</p>	<p>Morning snack: Breadsticks and raisins</p> <p>Lunch: Beef teriyaki or Mushroom stroganoff ✓ Couscous Green beans Jam Love-cake and custard</p> <p>'Owls' Tea: Cod fillet fish fingers, spaghetti hoops and mashed potato Fruit platter</p>
TUESDAY	<p>Morning snack: Cheese biscuit</p> <p>Lunch: Baked battered fish fillet or Mozzarella & tomato puffs ✓ Herb diced potatoes, Baked beans/peas Lemon curd swirl sponge and custard</p> <p>'Owls' Tea: Moroccan chicken with rice and green beans Jelly</p>	<p>Morning snack: Vanilla scone</p> <p>Lunch: Roast chicken & gravy or Crunchy topped macaroni cheese ✓ Roast potatoes, Steamed cabbage Banana & blueberry muffins</p> <p>'Owls' Tea: Tomato & vegetable sauce, pasta, cheese and peas Fromage frais</p>
WEDNESDAY	<p>Morning snack: Orange polenta cake</p> <p>Lunch: Beef meatballs or Vegetable & lentil crumble ✓ Penne pasta, Diced carrots Viennese whirl biscuit</p> <p>'Owls' Tea: Salmon & scrambled eggs, hoops and potato wedges Rice pudding</p>	<p>Morning snack: Oat & wholemeal biscuit</p> <p>Lunch: Turkey bolognaise Tortellini bake ✓ Spaghetti, Mixed vegetables Jelly and wafer curl</p> <p>'Owls' Tea: Wholemeal cheese & ham pizza, baked beans and cucumber sticks Fruit platter</p>
THURSDAY	<p>Morning snack: Breadsticks & cheese bites</p> <p>Lunch: Shepherd's pie or Butternut squash & spinach lasagne ✓ Petit pain bread, Broccoli florets Semolina & chocolate drops</p> <p>'Owls' Tea: Jacket potato, baked beans, cheese and sweetcorn Fromage frais</p>	<p>Morning snack: Flapjack bites</p> <p>Lunch: Chinese chicken or Sweet chilli vegetables ✓ Noodles, Sweetcorn Toffee & date cake with custard</p> <p>'Owls' Tea: Meat & vegetable hotpot, cauliflower florets & gravy Fromage frais</p>
FRIDAY	<p>Morning snack: Jammy pin wheels</p> <p>Lunch: Chicken fillet bites or Cauliflower mornay ✓ Skin on fries/wedges Baked beans and/or peas Gingernut biscuits</p> <p>'Owls' Tea: Savoury mince, Yorkshire pudding and mixed vegetables Natural yoghurt</p>	<p>Morning snack: Cheese and crackers</p> <p>Lunch: Oven baked pork sausages Tortellini bake ✓ Skin on fries/wedges Baked beans and/or peas Semolina shortbread rounds</p> <p>'Owls' Tea: Fajita chicken with pitta bread and Diced carrots Fruit platter</p>

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