

# Main School Spring TERM MENU 2023

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				Week 2			
	2 Jan	16 Jan	30 Jan	13 Feb	9 Jan	23 Jan	6 Feb	20 Feb
	27 Feb		13 Mar		6 Mar		20 Mar	
			27 Mar				3 Apr	
MONDAY	<b>Morning snack:</b> Oatmeal biscuit  <b>Lunch:</b> <b>Fajita chicken</b> Roasted vegetable medley ✓ Potato bites Sweetcorn <b>Pear &amp; choc crumble &amp; chocolate sauce</b> <b>Sliced fruit</b>				<b>Morning snack:</b> Breadsticks & raisins  <b>Lunch:</b> <b>Turkey chilli con carne &amp; tacos</b> Lentil, aubergine & potato layer ✓ Steamed rice Broccoli florets <b>Semolina with toppings</b> <b>Sliced fruit</b>			
TUESDAY	<b>Morning snack:</b> Breadsticks & cheese  <b>Lunch:</b> <b>Beef meatballs</b> Vegetable lasagne ✓ Pasta twists Diced carrots <b>Orange fork biscuit</b> <b>Natural yogurt or sliced fruit</b>				<b>Morning snack:</b> Cheese & marmite biscuit  <b>Lunch:</b> <b>Caribbean chicken</b> Bean chilli ✓ Couscous or bread roll Minted peas <b>Apple cake and vanilla sauce</b> <b>Sliced fruit</b>			
WEDNESDAY	<b>Morning snack:</b> Apple flapjack bite  <b>Lunch</b> <b>Paprika pork</b> Butternut & spinach curry ✓ Steamed rice Fine green beans <b>Lemon swirl cake and custard</b> <b>Sliced fruit</b>				<b>Morning snack:</b> Orange polenta cake  <b>Lunch:</b> <b>Beef Teriyaki</b> Creamy mushrooms ✓ Noodles Mixed vegetables <b>Strawberry yogurt whip with wafer</b> <b>Natural yogurt or sliced fruit</b>			
THURSDAY	<b>Morning snack:</b> Crackers & cheese bite  <b>Lunch</b> <b>Beef Bolognese</b> Gnocchi in tomato sauce ✓ Spaghetti Sweetcorn <b>Beetroot cake and cream</b> <b>Sliced fruit</b>				<b>Morning snack:</b> Digestives & banana chips  <b>Lunch:</b> <b>Roast pork &amp; gravy</b> Cheese & vegetable pasta ✓ Roast potatoes Fine green beans <b>Congress tart &amp; custard</b> <b>Sliced fruit</b>			
FRIDAY	<b>Morning snack:</b> Lemon & courgette cake  <b>Lunch:</b> <b>Chicken fillet bites</b> Cheese & onion slice ✓ Skin on fries/wedges Baked beans and/or peas <b>Cinnamon crunch biscuit</b> <b>Natural yogurt or sliced fruit</b>				<b>Morning snack:</b> Jam sandwich triangle  <b>Lunch:</b> <b>Cod fillet fish fingers</b> Tortellini ✓ Skin on fries/wedges Baked beans and/or peas <b>Chocolate chip oatly round</b> <b>Natural yogurt or sliced fruit</b>			

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