

# MAIN SCHOOL SUMMER TERM MENU 2023

These weekly menus rotate throughout the summer 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 17 Apr 1 May 15 May 29 May 12 June 26 Jun 10 Jul 24 Jul 7 Aug	Week 2 24 Apr 8 May 22 May 5 Jun 19 June 3 July 17 Jul 31 Jul 14 Aug
MONDAY	<b>Morning snack:</b> Rich tea & banana chips  <b>Lunch:</b> <b>Moroccan chicken or</b> Vegetable ratatouille ✓ Couscous or potato cubes Broccoli florets <b>Chocolate sponge &amp; chocolate sauce</b> <b>Sliced fruit</b>	<b>Morning snack:</b> Breadsticks and raisins  <b>Lunch:</b> <b>Sweet &amp; sour pork</b> Sweet chilli veg ✓ Noodles Fine green beans <b>Date Krispy square</b> <b>Natural yogurt</b>
TUESDAY	<b>Morning snack:</b> Carrot cake square  <b>Lunch:</b> <b>Savoury mince or</b> Italian mushrooms ✓ Steamed rice Diced carrots <b>Jelly &amp; wafer</b> <b>Natural yogurt</b>	<b>Morning snack:</b> Digestive biscuit  <b>Lunch:</b> <b>Mild chicken curry or</b> Chickpea & spinach curry ✓ Steamed rice & naan bread Peas & corn <b>Orange fudge cake &amp; vanilla sauce</b> <b>Sliced fruit</b>
WEDNESDAY	<b>Morning snack:</b> Breadsticks & cheese  <b>Lunch:</b> <b>Roast gammon with gravy or</b> Macaroni & sweetcorn bake Roast potatoes Fine green beans <b>Strawberry cheesecake</b> <b>Sliced fruit/natural yogurt</b>	<b>Morning snack:</b> Apricot flapjack  <b>Lunch:</b> <b>Sausages &amp; gravy</b> Cheese & red onion slice ✓ Mashed potato/petit pain Julienne carrots <b>Ice cream &amp; caramel sauce</b> <b>Sliced fruit</b>
THURSDAY	<b>Morning snack:</b> Wholemeal orange scones  <b>Lunch:</b> <b>Vegetable &amp; tuna sauce</b> with pasta or Roasted vegetable quiche ✓ Garlic bread Sweetcorn <b>Toffee apple cake &amp; custard or</b> <b>Sliced fruit</b>	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Turkey Bolognaise or</b> Vegetable & lentil 'shepherd's pie' ✓ Spaghetti Mixed vegetables <b>Chocolate toothpaste</b> <b>Natural yogurt</b>
FRIDAY	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> Cheese & tomato wholemeal pizza ✓ Creamy spinach pasta bake ✓ Skin on fries/wedges Baked beans and/or peas <b>Crunchy 'Anzac' biscuit</b> <b>Natural yogurt &amp; sauce</b> <b>Melon slices</b>	<b>Morning snack:</b> Marmite whirls  <b>Lunch:</b> <b>Oven baked fish in batter or</b> Cannelloni ✓ Skin on fries/wedges Baked beans and/or peas <b>Iced sprinkle cake</b> <b>Natural yogurt &amp; sauce</b> <b>Melon slices</b>

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