# Main School Spring TERM MENU 2024

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

**Allergen information**
(g) gluten
(d) dairy
(e) egg
(s) soya
(f) fish
(c) celery

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

| | Week 1 (w/c)<br>8 Jan, 22 Jan, 5 Feb, 19 Feb,<br>4 March, 18 March, 8 April | Week 2 (w/c)<br>15 Jan, 29 Jan, 12 Feb, 26 Feb<br>11 March, 25 March, 15 April |
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| MONDAY | **Morning snack:**<br>Oatmeal biscuit (g)<br><br>**Lunch:**<br>**Sweet & sour pork (c)**<br>Sweet chilli vegetables 🌿<br>Noodles (g)<br>Fine green beans<br>**Semolina (d) (g) & toppings**<br>**Natural yogurt (d) & sauce** | **Morning snack:**<br>Crackers (g) & spread<br><br>**Lunch:**<br>**Caribbean chicken**<br>Ratatouille 🌿 (c)<br>Potato wedges or steamed rice<br>Sweetcorn<br>**Jam & coconut sponge (g) & sauce (d)**<br>**Sliced fruit** |
| TUESDAY | **Morning snack:**<br>Breadsticks (g) and cheese (d)<br><br>**Lunch:**<br>**Tuna, tomato & vegetable sauce (f) (c)**<br>Spinach & Ricotta Cannelloni 🌿 (g) (d) (c) (e)<br>Penne pasta & garlic bread (g)<br>Sweetcorn<br>**Pear & choc crumble (g) (s) (d) and sauce (d)**<br>**Sliced fruit** | **Morning snack:**<br>Vanilla scone (g)<br><br>**Lunch:**<br>**Bolognaise**<br>Marina mushrooms 🌿 (c)<br>Spaghetti (g)<br>Fine green beans<br>**Date & rice crispy squares (g) (d) (s)**<br>**Natural yogurt** |
| WEDNESDAY | **Morning snack:**<br>Lemon polenta cake (g) (e)<br><br>**Lunch**<br>**Savoury mince**<br>Cheese & onion quiche 🌿 (g) (d) (e)<br>Potato puffs or Petite pain (g)<br>Mixed vegetables<br>**Strawberry swirl cheesecake (g) (d)**<br>**Natural yogurt (d)** | **Morning snack:**<br>Breadsticks & cheese<br><br>**Lunch:**<br>**Roast Gammon & gravy (s)**<br>Macaroni cheese 🌿 (d) (g)<br>Roast potatoes<br>Broccoli florets<br>**Warm apple cake (g) e & cream (d)**<br>**Sliced fruit** |
| THURSDAY | **Morning snack:**<br>Crackers (g) & cheese (d)<br><br>**Lunch**<br>**Mild chicken curry**<br>Butternut & spinach curry 🌿<br>Steamed rice & naan bread (g)<br>Diced carrots<br>**Ginger sponge (g) (e) & custard**<br>**Sliced fruit** | **Morning snack:**<br>Jam sandwich (s) (g)<br><br>**Lunch:**<br>**Beef meatballs in homemade sauce (g) c**<br>Vegetable & bean tartlet 🌿 (c) (g)<br>Pasta (g)<br>Mixed vegetables<br>**Double chocolate chip cookies (g) (d)**<br>**Natural yogurt (d) & sauce** |
| FRIDAY | **Morning snack:**<br>Seeded flapjack (g)<br><br>**Lunch:**<br>Cheese & tomato pizza (g) (d)<br>Tortellini 🌿 (g) (d) (c) (e)<br>Skin on fries/wedges<br>Baked beans and/or peas<br>**Cinnamon crunch biscuit (g)**<br>**Natural yogurt (d) or sliced fruit** | **Morning snack:**<br>Biscuit (g) & banana chip<br><br>**Lunch:**<br>**Cod fillet fish fingers (f) (g)**<br>Cheese & onion puffs 🌿 (g) (d)<br>Skin on fries/wedges<br>Baked beans and/or peas<br>**Lemon & poppy seed muffins (g) (e)**<br>**Natural yogurt (d) or sliced fruit** |

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