

Main School SUMMER TERM MENU 2024

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 22 Apr 6 May 20 May 10 Jun 24 Jun 8 Jul 22 Jul 5 Aug	Week 2 29 Apr 13 May 27 May 3 Jun 17 Jun 1 Jul 15 Jul 29 Jul 12 Aug
MONDAY	Morning snack: Breadstick (g) & raisins Lunch: Italian chicken Lentil 'shepherd's' pie (c) ✓ Pasta (g) Diced carrots/sliced cucumber Chocolate sponge (g) (e) & sauce (d) Sliced fruit	Morning snack: Digestive biscuit (g) Lunch: Teriyaki style pork (g) (s) Creamy mushrooms (d)(g) ✓ Noodles (g) Fine green beans/grated carrots Oaty apple crumble (g) & custard (d) Sliced fruit
TUESDAY	Morning snack: Biscuit (g) & banana chips Lunch: Chilli con carne & taco Vegetable & bean chilli (c) ✓ Steamed rice Peas & corn/tomato wedges Jelly or strawberry whip (d) & wafer (g) (s) (d) Natural yogurt (d)	Morning snack: Breadstick(g)cheese(d) Lunch: Cajun flavour chicken & pitta (g) Vegetable risotto (c) ✓ Crispy potato cubes (g) Julienne carrots/tomato wedges Beetroot cake (g) (e) & cream (d) Sliced fruit
WEDNESDAY	Morning snack: Cheese biscuit (g) (d) Lunch: Beef & veg stew Roasted veg quiche (g) (e) (d) Petit pain (g) or couscous (g) Mixed vegetables/shredded lettuce Lemon lovecake (g) (e) & vanilla sauce (d) Sliced fruit	Morning snack: Apple cake (g)(e) Lunch: Spanish sausages (c) (g) (s) Tomato & courgette layer(c) ✓ Steamed rice Mixed vegetables/cucumber Ice cream (d) & caramel sauce (d) Natural yogurt (d)
THURSDAY	Morning snack: Orange polenta cake(e)(g) Lunch: Roast pork & gravy(s) Veg & cheese pasta bake (g) (d) (c) ✓ Roast potatoes Broccoli florets Flapjack (g) & custard (d) Natural yogurt (d)	Morning snack: Cracker (g) & cheese(d) Lunch: Moroccan chicken Cauliflower cheese mornay (d) (g) ✓ Mini rosti bites Sweetcorn/grated carrots Chocolate toothpaste (g) (d) Sliced fruit
FRIDAY	Morning snack: Crackers (g) & cheese (d) Lunch: Chicken fillet bites (g) (s) Gnocchi & spinach bake (g) (d) (c) ✓ Skin on fries/wedges Baked beans and/or peas Crunchy 'Anzac' biscuit (g) Sliced melon Melon slices	Morning snack: Marmite whirls (g) Lunch: Battered fish (f) (g) Vegetable enchilada (g) (d) (c) ✓ Skin on fries/wedges Baked beans and/or peas Iced sprinkle cake (g) (e) Natural yogurt (d) & sauce/sliced melon Melon slices

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