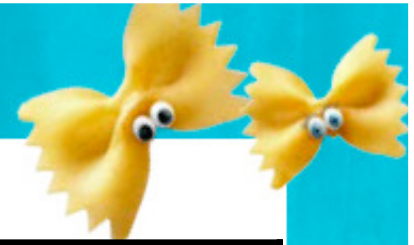


Spring/Summer 2017 Menu

Week 1



Week Starting:

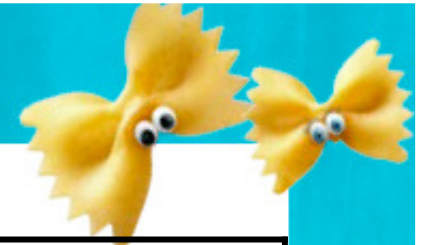
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken and vegetable Pie <i>with new potato</i>	Beef Bolognese and tomato sauce with wholemeal pasta	Roast Turkey Breast <i>with Roast Potatoes & Gravy</i>	BBQ Chicken Drumstick <i>with Sweet Potato Mash Or Rice</i>	Crispy Battered Fish <i>Pollock Fillet with Chips</i>
Alternative Dish	Mozzarella & Tomato Pizza** <i>with Oven Baked Jacket Wedges</i>	Quorn vegetarian sausage with mash potato and gravy	Quorn Roast <i>with Roast Potatoes & Gravy</i>	Mexican Vegetable Chilli <i>with Steamed Rice</i>	Veggie Burger <i>Quorn Burger in a Bun with Chips</i>
Deli Bar	Jacket potato	Jacket potato	Assorted Sandwiches	Pasta bar	Jacket potato
Vegetables	<i>Carrots Garden Peas Mixed Bean Salad</i>	<i>Green Beans Roast Vegetables Appleslaw</i>	<i>Carrots Seasonal Cabbage Tomato & Cucumber</i>	<i>Fresh Broccoli Sweetcorn Carrot & Sultana</i>	<i>Baked Beans Garden Peas Coleslaw</i>
Desserts	Tropical Fruit Sponge <i>with Vanilla Sauce</i> <i>Fresh Fruit Platter***</i>	Crunchy Fruit Flapjack* <i>with Custard</i> <i>Fresh Fruit Bowl***</i>	Ice cream <i>with Shortbread Biscuit</i> <i>Fresh Fruit Salad***</i>	Mandarin & Chocolate Sponge*** <i>with Chocolate Sauce</i> <i>Fresh Fruit Bowl***</i>	Oatie Cookie <i>with Fresh Fruit Slices</i> <i>Fresh Fruit Platter***</i>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water
 *Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
 If you have any special dietary needs or require allergen information, please speak to the Catering Manager.
 This menu is subject to individual School changes please ask your School for more details.
 ** Wholegrain ***50% Fruit Based



Spring/Summer 2017 Menu

Week 2



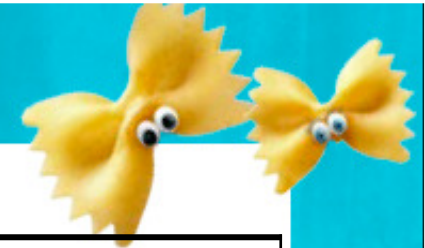
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	<i>Shepherds Pie</i>	Chicken sausage with New Potato & Gravy	Roast Beef <i>with Roast Potatoes & Gravy</i>	BBQ Jerk Chicken <i>with Jollof rice</i>	Golden Fish Fingers <i>Cod Fish Fingers with Chips</i>
Alternative Dish	Mac 'N' Cheese <i>Macaroni Pasta Bake</i>	Vegetable pasta <i>bolognaise</i>	Summer Vegetable Frittata <i>with Roast Potatoes</i>	Sweet Potato Gumbo <i>with Rice and Peas</i>	Vegetable Lasagne <i>with Chips</i>
Deli Bar	sandwiches	Jacket potato	Assorted Baguettes	Pasta Bar	Jacket potato
Vegetables	<i>Fresh Broccoli Sweetcorn Crunchy Salad</i>	<i>Garden Peas Carrots Apple & Celery</i>	<i>Roasted Vegetables Green Beans Beetroot Salad</i>	<i>Carrots Broccoli Tomato & Cucumber</i>	<i>Baked Beans Sweetcorn Coleslaw</i>
Desserts	Strawberry sponge <i>with Fresh cream***</i> <i>Fresh Fruit Platter***</i>	Berry & Oat Flapjack <i>with Custard</i> <i>Fresh Fruit Bowl***</i>	Frozen yogurt <i>with Fruit Slices***</i> <i>Fresh Fruit Salad***</i>	Pineapple Upside Down Cake*** <i>with Custard</i> <i>Fresh Fruit Bowl***</i>	Milkshake or angel delight <i>with Shortbread</i> <i>Fresh Fruit Platter***</i>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water
 *Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability).
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 ** Wholegrain ***50% Fruit Based



Spring/Summer 2017 Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken curry pilau rice	Beef meatballs in Tomato sauce with Spaghetti	Roast Chicken <i>with Roast Potatoes & Gravy</i>	Beef Lasagne <i>with Garlic Bread Wedge**</i>	Salmon Fish Fingers <i>Salmon Fish Fingers with Chips</i>
Alternative Dish	Tomato & Basil Pasta** <i>with Wholemeal Pasta</i>	Cheese and Red Onion Quiche <i>with new potato</i>	Cheesy Hotpot <i>Layered Cheese and Potato Bake & Gravy</i>	Chow Mein <i>Stir Fried Quorn with Egg Noodles</i>	Vegetable Fajitas <i>with Chips</i>
Deli Bar	Assorted sandwiches	Jacket potato	Assorted sandwiches	Jacket potato	Pasta bar
Vegetables & Salad	<i>Fresh Broccoli Sweetcorn Appleslaw</i>	<i>Green Beans Roast Vegetables Carrot & Sultana</i>	<i>Seasonal Cabbage Carrots Beetroot Salad</i>	<i>Sweetcorn Green Beans Chop Chop Salad</i>	<i>Baked Beans Garden Peas Coleslaw</i>
Desserts	chocolate crispy <i>with Mixed Melon Slices</i> <i>Fresh Fruit Bowl***</i>	Raspberry Ripple Cake <i>with Custard</i> <i>Fresh Fruit Platter***</i>	Ice cream pot <i>with Fruit Slices***</i> <i>Fresh Fruit Salad***</i>	Yoghurt <i>with Fruit Compote***</i> <i>Fresh Fruit Bowl***</i>	Oatie Apple Crumble*** <i>with Custard</i> <i>Fresh Fruit Platter***</i>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water
 *Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
 If you have any special dietary needs or require allergen information, please speak to the Catering Manager.
 This menu is subject to individual School changes please ask your School for more details.
 ** Wholegrain ***50% Fruit Based

