Nak 1 Spring Menu



8th Jan, 29th Jan, 26th Feb, 18th Mar, 22nd Apr, 13th May, 10th Jun

Mon

Tue

Wed

Thu

Fri

Fish & Chip Shop *



Spaghetti Bolognaise with Mixed Leaves and Garlic Bread (G)

(G,So)

Chicken and Sweetcorn Puff Pastry Pie with Cauliflower, Green Beans and New **Potatoes** (G,E,Mk)

Baked Gammon with Gravy, Steamed Cabbage, Carrots and Roast Potatoes

Honey & BBQ Glazed Chicken with Sweetcorn, Broccoli and Savoury Rice

Battered Fish Fillet with Chips and Peas (G,F)

Cheese, Tomato and Red Onion Ouiche (G,E,Mk)

> Fish Dog (G,F)

Vegan Bolognaise with Mixed Leaves and Garlic Bread

Creamy Vegetable Pot Pie with Cauliflower. Green Beans and New Potatoes (G,E,Mk)

Butternut Squash and Cherry Tomato Crumble (G,Mk) Cabbage, Carrots and

Roast Potatoes

Honey & BBQ Glazed **Roasted Vegetables** with Broccoli. Sweetcorn and Savoury Rice

MONDAY

Cinnamon Spiced Pear and Apple Crumble with Custard (G,Mk)

TUESDAY

Vegetarian Jelly

Orange Marmalade Steamed Sponge with Custard (G,Mk,E)

Chocolate Marble Cake (G,E,Mk) **FRIDAY**

Sticky Toffee Pudding with Hot Fudge (G,Su,Mk,E)

£2.30

MONDAY

BBQ Sticky Chicken Drumsticks with Lyonnaise Potatoes

TUESDAY

Chilli Beef with Rice, Nachos and Salsa (G)

WEDNESDAY

Sweet and sticky Chicken Burrito with Wedges (G)

THURSDAY

Lamb Kofta Wrap with Tzatziki and Salad (G,So,Mk,E)

FRIDAY

Jumbo Hot Dog & Mustard (G,Ce,So,Mk,Mu) £2.30

PASTA & PIZZI

Served Mon- Thurs

Freshly Cooked Pasta and Pizza's Daily (G,Mk)

£1.10

WEDNESDAY

THURSDAY

deliciously good food.

At the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who cares!

every weeks Look out for our



JACKET POTATOES WITH ALL THE BEST TOPPINGS!



SALAD BAR

Fresh every day packed with tasty choices!

Check out what's on offer today! Available for Free School Meals

Wak 2 Spring Menu



15th Jan, 5th Feb, 4th Mar, 25th Mar, Wed Mon Tue Thu Fri 29th Apr, 20th May, 17th Jun Masala Days * * Fish & Chip Shop * Pizza * Gammon Macaroni Cottage Pie with Chicken Balti with Cheese Meat Fest Pizza Battered Fish Fillet Crunchy Sweet Potato Baby Carrots, with Steamed With Chef's Salad and (G,Mk,F) Mash, Sweet Corn and Cauliflower and Cabbage, Carrots and Jacket Wedges Green Beans Turmeric Rice Garlic Bread (G,Mk) Spanish Omelette (Mk) (G,Mk) (E) MAINS Hot Dog (G,Mk,Ce,So) Fresh flavours Quorn and Vegetable Veggie Cottage Pie Fish Finger Dogs Macaroni Cheese Margherita Pizza Curry with Baby with Crunchy Sweet (G,F) with Steamed With Chef's Salad and Carrots. Cauliflower Potato Mash. Sweet Jacket Wedges Cabbage and Carrots and Turmeric Rice Corn and Green Beans Chips and Peas (G,Mk) (G,Mk) (E) (G,Mk,So)

£2.30

GLOBAL EATS

MONDAY

Beef Burrito with Rice and Salsa (G)

TUESDAY

Chicken Chow Mein with Egg Noodles (G,E,So)

WEDNESDAY

Sticky Chicken Wings with Lyonnaise Potatoes

THURSDAY

African Jollof Rice with Chicken

FRIDAY

¼ Pound Burger and Ketchup (G,Su,So) £2.30

PASTA & PIZZA

Served Mon- Thurs

Freshly
Cooked Pasta
and
Pizza's Daily
(G,Mk)

£1.10



MONDAY

Chocolate Chip Brownie (G,Mk,E,So)

TUESDAY

Lemon Curd Sponge with Custard (G,E,Mk)

WEDNESDAY

Vegetarian Jelly

THURSDAY

Carrot Cake (G,E,Mk)

FRIDAY

Upside Down Banana and Caramel Sponge with Custard (G,E,Mk)

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Ce = Celery Cr = Crustacean

= Eggs = Fish

G = Cereals containing Glute

> = Lupin lk = Milk

Mo = Mottuses Mu = Mustard

= Nuts = Peanute

Se = Sesame Seeds

u = Sulphur Dioxide

Speak to one of our chefs if you have any alleraies

Spring Menu



22nd Jan, 19th Feb, 11th Mar, 15th Apr, 7th May, 3rd Jun, 24th Jun

MAINS

Fresh flavours

Mon

Lemon Chicken Stir

Fry with Rice

Sweet and Sour

Vegetable Stir Fry

with Rice

Tue

Wed

Thu

1/4 Pound Beef Burger

with Salad and

Wedges

(G,Su)

Fri

* Sausage & Mash *

Butchers' Sausages (G,Su) Veggie Sausages

Creamy Mash (Mk)

Classic Gravy

Carrots and Green **Beans**

Classic Lasagne with Broccoli and Garlic and Rosemary Bread (G,Mk)

Mediterranean Vegetable Lasagne with Broccoli and Garlic and Rosemary

Bread

(G,Mk)

Vegetarian Burger with Salad and Wedges (G)

Burgers *

* Fish & Chip Shop *

Battered Fish Fillet (G,Mk,F)

Cheese and Onion Pattie (G,E,Mk)

> Hot Dog (G,Mk,Ce,So)

Fish Finger Dogs (G,F,So)

Chips and Garden Peas

£2.30

MONDAY

Stir Fry Noodles with Chicken Teriyaki (G,So,E)

TUESDAY

Beef Meatballs with Coriander Rice (G,Mk,E)

WFDNFSDAY

Spicy Chicken Burrito with Rice and Salsa (G)

THURSDAY

BBQ Pulled Pork Bun (G)

FRIDAY

Chicken Burger (G,E,Mk)

£2.30

PASTA & PIZZI

Served Mon- Thurs

Freshly Cooked Pasta and Pizza's Daily (G,Mk)

£1.10



MONDAY

Upside Down Pineapple Cake with Custard (G.Mk.E)

TUESDAY

Flapjacks(G)

WEDNESDAY

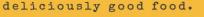
Vegetarian Jelly

THURSDAY

Lemon Blondie (G,Mk,E)

FRIDAY

White Choc Chip and Raspberry Cookie (G,E,Mk,So)



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