

SPRING MENU

Week 1

W/C 3rd May, 31st May
21st June



	MON	TUE	WED	THU	FRI
Soup <i>hot hot hot</i>	Vegan Sweetcorn chowder (So,G,Ce)	Vegan Red pepper, sweet potato and smoked paprika soup (G)	Curried parsnip (Mu,Mk,G)	Vegan Italian bean soup (Mu,Ce)	Cream of celeriac soup (Mk,Ce)
Main <i>fresh flavours</i>	Chicken Balti curry with peppers and garlic and coriander naan bread (G) Bombay vegetables Turmeric rice	Minced beef and onion pie with courgettes, cauliflower and new potatoes (G,E,Mk)	Sliced baked gammon with roast potatoes, carrots, cabbage and gravy	Macaroni Cheese with Ham Garlic and Rosemary Ciabatta Bread (G,Mk) Chef's salad green beans	Batter Crisp Pollock Fillet (G,F) with tartar sauce, peas, chips and ketchup (Mu,E)
Veggie <i>meat free feasts</i>	Homemade pea and potato samosa steamed turmeric rice, curry sauce and raita (G,Mu,Mk)	Vegan Lentil bolognaise with penne pasta and vegetables (G,So)	Carrot, sweetcorn and red pepper fritters with jacket wedges and Vegetables (G,Mk,E)	Macaroni Cheese Garlic and Rosemary Ciabatta Bread (G,Mk) chef's salad green beans	Roast vegetables, cheese and tomato Quesadilla (G,Mk)
Global <i>a world of flavour</i>	Bacon and mushroom pasta carbonara (G,Mk)	Sweet Malaysian pork sambal with noodles (E,G,So)		Meatball ciabatta with tomato sauce topped with cheddar cheese (G,Mk)	Gourmet quarter pound beef burger with lettuce, beef tomato and ketchup (G,Mk,Su)
Pudding <i>sweet treat</i>	Orchard crumble with custard (G,Mk)	Chocolate chip cookie (G,E,Mk,So)	Lemon and lime drizzle cake (G,Mk,E)	Vegetarian Jelly	Chocolate steamed sponge pudding with chocolate sauce (G,E,So,Mk)

well seasoned.
perfectly picked ingredients, cooked from scratch

March
SPINACH
THEME DAYS
PIE WEEK 8TH- 11TH MAR

April
NEW POTATOES
THEME DAYS
ST GEORGES DAY 23RD APR

May
BASIL
THEME DAYS
EUROPE DAY 5TH MAY

June
BETROOT
THEME DAYS
ENVIRONMENT WEEK 7TH-11TH JUNE

July
MINT
THEME DAYS
WIMBLEDON 7TH JULY

Ce = Celery **F = Fish** **L = Lupin** **Mu = Mustard** **Se = Sesame Seeds**
Cr = Crustacean **G = Cereals** **Mk = Milk** **N = Nuts** **So = Soya**
E = Eggs **containing Gluten** **Mo = Molluscs** **P = Peanuts** **Su = Sulphur Dioxide**

Main Meal and Dessert
£3.00



SPRING MENU

Week 2

W/C 19th Apr, 10th May
7th June 28th June

	MON	TUE	WED	THU	FRI
Soup <i>hot hot hot</i>	Spring onion pea and mint (Mk)	Butternut squash and parmesan (Mk,E)	Vegan Ash-e reshteh (Iranian minestrone) (G)	Broccoli and stilton (Mk)	Vegan Middle Eastern lentil (G)
Main <i>fresh flavours</i>	Spicy beef Tacos, sour cream and grated cheese (G,Mk) Mexican tomato rice Rainbow Slaw	Fresh Cumberland sausages with creamy mashed potatoes, carrots, peas and gravy (G,Mk,Su)	Sliced roast turkey with roast potatoes and gravy green cabbage and cauliflower	Italian beef lasagne with chef's salad and garlic ciabatta bread (G,Mk)	Breaded Cod Fish Fingers (G,F) chips, peas, tartare sauce and ketchup (mu,e)
Veggie <i>meat free feasts</i>	Spicy vegetable Tacos, sour cream, grated cheese (G,Mk) Mexican tomato rice Rainbow slaw	Vegetarian sausages with creamy mashed potatoes, carrots, peas and gravy (G,Mk,So)	Veggie enchilada with tomato sauce and cheese (G,So,Mk)	Mediterranean vegetable lasagne with chef's salad and garlic ciabatta bread (G,Mk)	Oven baked gnocchi with tomato, mozzarella and pesto served with garlic bread (G,So,Mk,E)
Global <i>a world of flavour</i>	Kung Pao chicken with rice (G,So)	Pulled chicken Quesadilla with potato (G,Su,So,Mk,Ce)		Turkish lamb Kofta herby cous-cous and pomegranate (G,So,E)	Jumbo hot dog topped with crispy shallots (G,Su)
Pudding <i>sweet treat</i>	Steamed ginger and syrup sponge and custard (G,Mk,E)	Vegetarian jelly Or Flavoured yogurt (Mk,So)	Chocolate chip pudding with chocolate sauce (G,So,Mk,E)	Lemon Meringue Pie (G,E,Mk)	Sticky toffee pudding with toffee sauce (G,Su,Mk,E)

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Week 3

W/C 26th April, 17th
June, 5th July

	MON	TUE	WED	THU	FRI
Soup <i>hot hot hot</i>	Vegan Tomato chipotle and rice soup	Spiced lentil soup (Mu)	Moroccan carrot and ginger (G)	Vegan Chunky vegetable and pearl barley (G,Ce)	Chickpea tomato and pasta soup (G)
Main <i>fresh flavours</i>	Spaghetti bolognese with broccoli and garlic and rosemary ciabatta bread (G)	Classic beef burger in a bun with chef's salad, coleslaw and ketchup (G,E,Su)	Slow cooked shredded chicken in a soft tortilla boat (G)	Classic pepperoni stone baked pizza (G,Mk) Chef's salad and green beans	Breaded Cod fillet with ketchup (G,F) With chips, peas and tartare sauce (Mu,E)
Veggie <i>meat free feasts</i>	Vegan Bolognese with garlic and rosemary ciabatta bread (G,So)	Vegetarian burger in a bun with chef's salad, coleslaw and ketchup (G,E,Su)	Spanish omelette with peas and potatoes (E,Mk)	Classic Margarita stone baked pizza (G,Mk) Chef's salad and Green beans	Sweet potato, spinach and feta filo pastry pie with chips and peas (G,E,Mk)
Global <i>a world of flavour</i>	Sweet chilli chicken with rice	BBQ Pulled pork sandwich with coleslaw (G,E)		Fiery chicken wings and dirty rice (G,Se,Mk,Ce)	Korean baked chicken burger served with lettuce, chips and ketchup (Panko Breaded Chicken with Sriracha Sauce) (G,E,Mk)
Pudding <i>sweet treat</i>	Vegetarian Jelly	Sugar Free Banana and date flapjack (G,Mk,Su)	Chocolate brownie with cream (G,E,Mk)	Lemon cheese cake (G,Mk)	Apple upside down cake with custard (G,Mk,E)

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