


## WEEK ONE

W/C 21<sup>st</sup> April  
12<sup>th</sup> May  
9<sup>th</sup> June  
30<sup>th</sup> June  
21<sup>st</sup> July  
1<sup>st</sup> September  
22<sup>nd</sup> September  
13<sup>th</sup> October

### MONDAY

Planet Friendly Day

Option one	Caribbean Butterbean Stew (VE) with Rice and Peas (VE)
Option two	BBQ Quorn (VE) with New Potatoes (VE)
Vegetables 	Broccoli (VE) Sweetcorn (VE)
Dessert	Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit



### TUESDAY

Creamy Chickpea and Coconut Curry (VE) with 50/50 Wholemeal Rice
Chef James' Chicken Jollof Rice 
Butternut Squash (VE) Green Beans (VE)
Seeded Apple Flapjack (VE) 

### WEDNESDAY

Soya Mince Cottage Pie (VE) with Gravy (VE)
Roast Chicken with Stuffing, Roasted Potatoes and Gravy 
Peas (VE) Cabbage (VE)
Wholemeal Peach Carrot Cake (V) with Custard (VE) 

### THURSDAY


Creamy Cheese and Butterbean Macaroni (V) with Garlic and Herb Bread (VE)
Beef Lasagne with Garlic Herb Bread 
Cauliflower (VE) Roasted Peppers (VE)
Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit 

### FRIDAY

Homemade Beetroot and Lentil Burger (VE) with Chips (VE)
Fish fingers with chips (VE) and Herb Bread
Carrots (VE) Peas (VE)
Strawberry Jelly with Peaches and Mandarins (VE) 

## WEEK TWO

W/C 28<sup>th</sup> April  
19<sup>th</sup> May  
16<sup>th</sup> June  
7<sup>th</sup> July  
8<sup>th</sup> September  
29<sup>th</sup> September  
20<sup>th</sup> October

Option one	Vegetable Bean Couscous (VE) with Sweetcorn Bread (VE)
Option two	Soya Mince Mexican Chilli (VE) with 50/50 Wholemeal Rice (VE)
Vegetables 	Sweetcorn (VE) Cauliflower (VE)
Dessert	Peach and Strawberry Crumble (VE) 

Chickpea and Vegetable Biryani (VE)
Hearty Beef Lentil Bolognese with Wholemeal Penne 
Carrots (VE) Courgettes (VE)
Yoghurt (V) or Vegan Custard (VE) and Fresh Fruit

Quorn and Bean Fajitas (VE) with Mexican Rice (VE)
Roast Turkey, Stuffing, Mashed Potatoes and Gravy 
Cauliflower (VE) Green Beans (VE)
Mandarin Sponge Cake (VE) 


Beetroot, Butternut Squash and Lentil Wellington
Mash and Gravy (VE) 
Caribbean Spiced Chicken with Rice and Peas
Broccoli (VE) Red Cabbage (VE)
Yoghurt (V) or Vegan Custard (VE) Sunflower Seeds and Fresh Fruit 

Wholemeal Cheese Tomato Quiche (V) with Chips (VE)
Breaded Fish with Chips and Tomato Sauce
Peas (VE) Baked Beans (VE)
Lemon Shortbread (VE)

## WEEK THREE

W/C 5<sup>th</sup> May  
2<sup>nd</sup> June  
23<sup>rd</sup> June  
14<sup>th</sup> July  
15<sup>th</sup> September  
6<sup>th</sup> October

Option one	Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice
Option two	Tomato, Lentil, Roasted Vegetable Wholemeal Penne Pasta (VE)
Vegetables 	Baked Beans (VE) Broccoli (VE)
Dessert	Savoury Vegan Sheese and Courgette Scone (VE) 

Turkish Vegan Soya Kofta with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)
Beef Burger with Sweet Potato Salad 
Carrots (VE) Peppers (VE)
Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit

Rainbow Pizza Slices (V) with Pasta Salad (VE)
Chicken Tikka Masala with 50/50 Wholemeal Rice 
Peas (VE) Cauliflower (VE)
Apple & Pear Crumble (VE) with Custard (V) 

Chinese Vegetable Noodles (V)
Peri-Peri Chicken with New potatoes, Sweetcorn Salsa 
Sweetcorn (VE) Carrots (VE)
Pineapple Upside Down Cake (V) 

Lentil and Basil Whirl (VE) with Chips (VE)
Salmon Fishfingers / Pollock Fishfingers with chips
Coleslaw (VE) Green Beans (VE)
Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit

### MENU KEY



Added Plant Protein



Planet Friendly Option



Local Red Tractor Meat

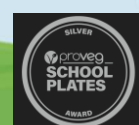
Vegan (VE)

(V) Vegetarian

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.



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