



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	<b>Meat Free Monday</b>	Lamb Chilli Con carne with Rice	Roast Chicken with Roast Potatoes Yorkshire Pudding	Chicken Fajita with Tortilla Chips & Salsa Dip	Fish Fingers with Chips	Wed 20.04.22 Mon 09.05.22 Tues 07.06.22
VEGETARIAN	<b>Macaroni Cheese with Garlic Bread</b>	Vegetable Chilli Con carne with Rice	Quorn Chunks with Roast Potatoes Yorkshire Pudding	Veggie Five Bean Fajita with Tortilla Chips & Salsa Dip	Homemade Veggie Fingers	Mon 27.06.22 Mon 18.07.22 Mon 05.09.22
	<b>Jacket Potato with Cheese/Coleslaw/Beans</b>	Salad	Gravy, Cabbage, Carrots	Mexican Salad	Baked Beans/Peas/ Tomato Ketchup	Mon 26.09.22 Mon 17.10.22
DESSERT	<b>Assorted Fruit</b>	Banana Cake	Jelly	Mandarin Cake & Choc Sauce	Ice Cream	

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	<b>Meat Free Monday</b>	Lamb Meat Balls with Spaghetti	Chicken Gujons Hash Brown	Chicken & Lentils with Rice	Battered Fish Fillet with Chips	Mon 25.04.22 Tues 16.05.22
VEGETARIAN	<b>Cheesy Vegetable Swirls with Potato Croquettes</b>	Swedish Quorn Balls with Spaghetti	Spring Rolls Hash Brown	Spinach & Lentils with Rice	Quorn Nuggets with Chips	Mon 13.06.22 Mon 04.07.22 Mon 12.09.22
	<b>Jacket Potato with Cheese/Coleslaw/Beans</b>	Cucumber & Carrot Sticks	Roasted Vegetables Baked Beans	Assorted Vegetables	Baked Beans/Peas/ Tomato Ketchup	Mon 03.10.22
DESSERT	<b>Mixed Fruit Crumble</b>	Angel Delight	Chocolate Cake	Lemon Drizzle Cake	Ice Cream	

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	<b>Meat Free Monday</b>	Lamb Kebab with Couscous	Tandoori Chicken	Chicken Pizza with Coleslaw	Fish Goujons with Chips	Tues 03.05.22 Mon 23.05.22
VEGETARIAN	<b>Arrabiata Pasta with Salad</b>	Sweet Potato Falafal with Couscous	Tandoori Paneer	Margherita Pizza with Coleslaw	Homemade Veggie Nuggets with Chips	Mon 20.06.22 Mon 11.07.22
	<b>Jacket Potato with Cheese/Coleslaw/Beans</b>	Salad Green Beans	Diced Herb Potatoes Broccoli	Pasta, Coleslaw, Italian Salad	Baked Beans/Peas/ Tomato Ketchups	Mon 19.09.22 Mon 10.10.22
DESSERT	<b>Mixed Berry Cake</b>	Melon & Grapes	Carrot Cake	Jelly	Ice- Cream	

To help make sure our children eat a healthy and varied diet, wholesome brown bread sandwiches with cheese, jam and egg are also available along with plain pasta and a range of salads.

The salads range from pasta salad, beetroot, cucumber, tomatoes, sweetcorn, coleslaw, lettuce and carrot sticks.

We also serve freshly chopped fruit salad and low fat yoghurt every day.

### Food Allergies

We have a register of menus detailing the dietary allergens in the school canteen. Please note that some ingredients may contain traces of nuts. If your child suffers from any allergies, please let the office know in advance.

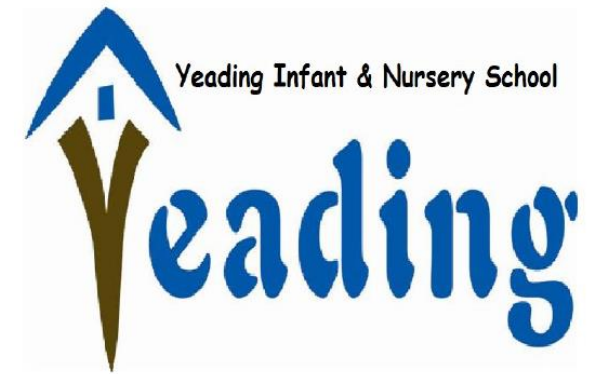
**PLEASE NOTE THAT THE MENU IS  
SUBJECT TO CHANGE AT SHORT  
NOTICE DEPENDING ON  
AVAILABILITY OF INGREDIENTS**

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## School Menu