

All Schools Menu: Week Commencing 6th May 2019

Please note: Fresh seasonal salad bar is available daily.

Fresh fruit platters/yoghurts are available as an alternative to the dessert of the day

	Monday	Tuesday	Wednesday	Thursday	Meat Free Friday
Mid Morning Snack		Organic Milk Or Water Kallo Organic Rice Cakes	Organic Milk Or Water Fresh Fruit Variety	Organic Milk or Water Petit Pain With A Cheese Portion	Organic Milk or Water Fresh Fruit Variety
Fresh Baked Bread		Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Warm Garlic Bread Slice	Freshly Baked Organic Brown/White Baguette Slice
Freshly Prepared Soup		Tomato And Roasted Pepper	Chicken Noodle	Broccoli And Stilton	
Protein Main Option	School closed	Freshly Prepared Pork Noodle Stir Fry With Mini Spring Rolls Recipe	Freshly Prepared Chicken Katsu	Freshly Prepared Authentic Bolognese Sauce Made With Organic Beef Mince	Deep Fried Gluten Free MSC Fish Fingers Served With Heinz Tomato Ketchup
Vegetables		Stir Fried Vegetables	Organic Cucumber, Baton Carrots and Cherry Tomatoes	Grated Organic Cheese Fruity Mixed Salad	Steamed Heinz Baked Beans Or Sweetcorn
Carbohydrate		Freshly Steamed Egg Noodles	Steamed 50/50 Brown and White Basmati Rice	Steamed Wholemeal Spaghetti	Oven Baked Herby Diced Potatoes
Fish Option		Deep Fried Salt And Pepper Squid Rings	Freshly Prepared Penang Prawn And Pineapple Curry	Deep Fried Smoked Haddock, Cheddar and Spring Onion Croqueta	Deep Fried Fish Burger Served With Tartare Sauce
Vegetarian/Vegan Option		Oven Baked Pea and Mint Falafel Served With Mango Chutney	Freshly Prepared Butternut Squash Pilaf Recipe	Freshly Prepared Vegetable Bolognese With Chick Peas	Freshly Prepared Risotto Filled Beef Tomatoes
All Allergy Gluten Free/Dairy Free Available		Gluten/Dairy Free Turkey, Vegetables, Potatoes. Pineapple and Watermelon	Gluten/Dairy Free Chicken Breast, Crudities and Rice Gluten Free Sponge	Gluten/Dairy Free Bolognese With Salad And Pasta Alpro Yoghurt	Gluten/Dairy Free Fish Fingers With Baked Beans And Oven Baked Chips Lazy Day Shortbread
Pudding		Extra Sweet Pineapple Slice And Watermelon	Freshly Prepared Eve's Pudding Served With Custard	Organic Smooth Mango And Vanilla Yoghurt Served With An Oat And Wholemeal Biscuit	Oven Baked Berry Cookie Served With Fresh Fruit