

All Schools Menu: Week Commencing 13th 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 Fresh Fruit Variety	Organic Milk or Water Freshly Baked Breadstick	Organic Milk or Water Fresh Fruit Variety	Organic Milk or Water Brioche Loaf Slice	Organic Milk or Water Fresh Fruit Variety
Fresh Baked Bread	Freshly Baked Organic Brown/White Baguette Slice	Mini Soft Taco Shell	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Warm Garlic Bread Slice
Freshly Prepared Soup	Tomato And Basil	French Onion	Asparagus	Leek And Potato	
Protein Main Option	Freshly Prepared Free Range Chicken And Leek Topped With Puff Pastry	Freshly Prepared Organic Beef Mince Chilli Con Carne	Freshly Prepared Pan Fried Turkey Escalope In Honey, Lemon And Garlic	Freshly Prepared Beef Meatballs Served With A Traditional Tomato Sauce	Freshly Prepared Macaroni Organic Cheese Topped With Cherry Tomatoes
Vegetables		Fresh Crudities			
Carbohydrate	Kenyan Fine Green Beans Oven Baked Herby Diced Potatoes	50/50 Steamed Brown And White Rice	Steamed Broccoli And Baton Carrots Crushed New Potatoes	Carrot And Cucumber Sticks With Cherry Tomatoes Mediterranean Cous Cous	Steamed Petit Pois And Sweetcorn
Fish Option	Oven Baked Smoked Haddock And Spring Onion Fishcakes	Freshly Prepared Mackerel Fillet With A Tomato Salsa	Freshly Prepared Salmon Wellington	Freshly Prepared MSC Smoked Haddock And Pea Risotto	Flash Roasted Seasoned Salmon Fillet On Wilted Spinach
Vegetarian/Vegan Option	Hirata Buns Filled With Falafel And Roasted Vegetables	Freshly Prepared Sweet And Sour Three Beans	Freshly Prepared Vegetable Tagine With Chickpeas and Apricots	Freshly Prepared Mushroom Stroganoff	Pan Fried Halloumi On Freshly Prepared Ratatouille
All Allergy Gluten Free/Dairy Free Available	Gluten Free Chicken And Leek With Green Beans And Plain Potato Dice Gluten Free Muffin	Gluten Free Chilli, Crudities, Rice Alpro Yoghurt	Gluten Free Turkey, Vegetables And Potatoes Lazy Day Millionaire Shortbread	Gluten Free Meatballs, Crudities, Mediterranean Quinoa Fruit Smoothie	Gluten Free Cheese Pasta Bake , Vegetables, Gluten Free Garlic Bread Fresh Fruit Platter
Pudding	Mini Blueberry Muffin Served With Fresh Strawberries	Organic Smooth Strawberry Yoghurt Served With An Oat And Wholemeal Biscuit	Freshly Prepared Vanilla Iced Chocolate And Beetroot Cake	Freshly Prepared Banana And Mango Fruit Juice Smoothie	Freshly Prepared Traditional Bread Pudding Served With Fresh Fruit Platter