

All Schools Menu: Week Commencing 20th 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 Steamed Hirata Buns	Organic Milk or Water Fresh Fruit Variety	Organic Milk or Water Warm Buttermilk Scone	Organic Milk or Water Fresh Fruit Variety
Fresh Baked Bread	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Mini Soft Taco Shell	
Freshly Prepared Soup	Parsnip And Apple	Roasted Cherry Tomato	Butternut Squash	Minestrone	
Protein Main Option	Freshly Prepared Organic Beef Mince In A Traditional Chilli Con Came	Freshly Prepared Hunters Chicken Topped With BBQ Sauce And Organic Cheese	Freshly Prepared Pork Sausage Plait With Onions, and Fresh Herbs and Gravy	Freshly Prepared Beef Teriyaki With Strips Of Onions and Peppers	Freshly Prepared Cheese and Tomato Panini
Vegetables	Steamed Fine Kenyan Green Beans	Freshly Prepared Crudities And Coleslaw	Fresh Steamed Broccoli And Cauliflower	Freshly Prepared Stir Fried Mixed Vegetables	No Added Sugar Heinz Baked Beans Or Petit Pois
Carbohydrate	Steamed 50/50 Savoury Rice	Steamed Fibre Rich Whole Wheat Twisty Pasta	Steamed New Potatoes With Butter And Fresh Chopped Parsley	Freshly Prepared Apricot Cous Cous	Deep Fried Spicy Spirals
Fish Option	Freshly Prepared Red Thai Prawn Curry	Freshly Prepared Poached MSC Haddock Fillet In Organic Milk	Oven Baked Cod and Parsley Fishcakes Served With Tartare Sauce	Freshly Prepared Smoked Haddock Kedgeree	Freshly Prepared Wholemeal Based Cheese And Tuna Pizza
Vegetarian/Vegan Option	Freshly Prepared Vegan Cauliflower, Olive And Lentil Tagine	Freshly Prepared Potato Gnocchi In An Italian Tomato Sauce	Oven Baked Vegan Linda McCartney's Vegetable Sausages	Freshly Prepared Vegetarian Taquitos Recipe	Freshly Prepared Vegan Grated Cheese And Tomato Pitta Bread Panini
All Allergy Gluten Free/Dairy Free Available	Gluten/Dairy Free Beef Mince With Vegetables And Rice Dairy Free Ice Cream With Lazy Day Shortbread	Gluten/Dairy Free Chicken With Salad And Gluten Free Pasta Fresh Fruit	Gluten/Dairy Free Sausage Roll With Vegetables And Potatoes Gluten Free Sponge	Gluten/Dairy Free Beef Teriyaki With Stir Fry And Rice Jelly With Fruit	Gluten/Dairy Free Panini With Roasted Vegetables, Peas And Oven Baked Chips Fresh Fruit Smoothie
Pudding	Oven Baked Dutch Apple Tart Served With Vanilla Ice Cream	Fresh Sliced Melon, Pineapple And Strawberries Served With Natural Yoghurt	Freshly Prepared Sticky Date Sponge Served With Fromage Fraie	Vegetarian Jelly With Fresh Fruit	Freshly Prepared Banana, Strawberry And Raspberry Smoothie