

# ONE

16 Apr, 7 May, 4 Jun,  
25 Jun, 16 Jul

# TWO

23 Apr, 14 May,  
11 Jun, 2 Jul, 23 Jul

# THREE

30 Apr, 21 May,  
18 Jun, 9 Jul

**Summer Butterbean Vegetable Risotto**  
Bean & Lentil Burgers  
with Homemade Potato Wedges

**Jacket Potato with Beans**

Sweetcorn & Baked Tomatoes

Pear & Ginger Muffin

Natural Yoghurt / Fruit Salad

**Wholemeal Beef & Red Pepper Pizza**  
with Fresh Mixed Leaves  
Quorn & Vegetable Stir Fry with Noodles

**Jacket Potato with Tuna**

Roasted Pepper & Onion / Green Beans

Apple, Cheese & Crackers

Natural Yoghurt / Fresh Fruit Salad

**Roast Beef with Steamed**  
**New Potatoes & Gravy**  
Vegetable Wellington with Steamed  
New Potatoes & Gravy

**Jacket Potato with Cheese**  
Cauliflower & Broccoli

Natural Yoghurt / Fresh Fruit Platter

**Chicken & Apricots Tagine with Lemon & Mint CousCous**  
Vegetable & Apricot Tagine with  
Lemon & Mint CousCous

**Jacket Potato with Beans**

Roasted Butternut Squash & Roasted Courgette

Wholmeal Peach Crumble with Custard

Natural Yoghurt / Fresh Fruit Salad

**Salmon Fishcake or Steamed Salmon**  
Portion with Paprika Wedges  
Wholmeal Tomato, Spinach & Cheese  
Pasta Neapolitan

**Jacket Potato with Tuna**

Baked Beans & Garden Peas

Natural Yoghurt / Fresh Fruit Platter

**Spiced Vegetable & Quorn Pattie with Rice**  
Mixed Bean Cassoulet with Rice

**Jacket Potato with Beans**

Green Beans & Carrots

Apple & Berry Strudel with Custard

Natural Yoghurt / Fresh Fruit Salad

**Wholemeal Chicken Arrabiata Pasta**  
Wholemeal Roast Vegetable Pizza with  
Fresh Mixed Leaves

**Jacket Potato with Tuna**

Fresh Mixed Salad / Carrot & Beetroot Slaw

Pear Sponge with Custard

Natural Yoghurt / Fresh Fruit Platter

**Roast Turkey with**  
**Roast New Potatoes & Gravy**  
Shepherdess Pie

**Jacket Potato with Cheese**

Cabbage &  
Carrot & Swede Mash

Natural Yoghurt / Fresh Fruit Salad

**Jamaican Rice with Beef & Beans**  
Lentil & Sweet Potato Curry  
with 50/50 Rice

**Jacket Potato with Beans**

Roasted Mixed Vegetables & Courgettes

Wholmeal Fruity Shortbread with

Natural Yoghurt

Fresh Fruit Platter

**Mediterranean Fish**  
with Chipped Potatoes  
Spanish Omelette with Mixed Leaves  
with Steamed New Potatoes

**Jacket Potato with Tuna**

Baked Beans & Garden Peas

Natural Yoghurt / Fresh Fruit Salad

**Quorn Mince Vegetarian Bolognese**  
with Spaghetti  
Vegetable & Bean Fajitas with Rice

**Jacket Potato with Beans**

Roasted Summer Vegetables & Roasted Carrots

Lemon & Mixed Berry Cake

Natural Yoghurt / Fresh Fruit Salad

**Beef Burger with**  
**Homemade Jacket Potato Wedges**  
Wholemeal Cheese, Red Pepper  
& Tomato Quiche with Couscous

**Jacket Potato with Tuna**

Tomato & Onion Slaw / Sweetcorn

Pineapple Upside Down Cake with Custard

Natural Yoghurt / Fresh Fruit Platter

**Roast Chicken with Stuffing,**  
**Minted New Potatoes & Gravy**  
Lentil and Vegetable Soya Roast with  
Steamed New Potatoes & Gravy

**Jacket Fillet with Cheese**  
Red Cabbage / Parsnips

Natural Yoghurt / Fresh Fruit Salad

**Cajun Spiced Turkey with**  
**Wholemeal Penne Pasta**  
Soya & Bean Chilli with 50/50 Rice

**Jacket Potato with Tuna**

Green Beans & Broccoli

Wholmeal Apple Crumble with Custard

Natural Yoghurt / Fresh Fruit Platter

**Breaded or Steamed Fillet of**  
**Fish served with Oven Chips**  
Chickpea & Vegetable Hotpot with  
Couscous

**Jacket Potato with Beans**

Baked Beans & Garden Peas

Natural Yoghurt / Fresh Fruit Salad

## AVAILABLE EVERY DAY...

### Bread

freshly baked on site daily

### Daily salad selection

there will be a selection of salad items available daily

### Fresh Fruit & Yoghurt

available daily

**WE USE LOCALLY SOURCED INGREDIENTS WHEN AVAILABLE AND IN SEASON**

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards. We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.

### V

Vegetarian options

### F

Only fish



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