




















# What's for lunch?

| Summer 2 Menu<br>Wk 1<br>7th -11th June   | Meat FREE Monday   | Tuesday   | Wednesday   |  <br>Thursday<br>Language of the month<br>Portuguese Day | Friday   |   |  |
|---|--|---|---|--|--|---|--|
| <b>Main Meal Vegetarian</b>   | Pasta Napolitano<br>  | Vegetable and Crispy Baked Tofu Stir Fry<br>   | Lentil and Vegetable Hot pot<br><br>Lamb Hotpot   | Beanie Wrap<br><br>Frango/Chicken Piri-Piri  | Cheese & Tomato Quiche<br>  |   |  |
| <b>Main Meal Meat</b>   |  |   |   |  | Egg Noodles & Pak choi<br>  | Carrot and Parsnip Mash<br><br>Spicy Rice   | Fishcakes<br> |
| <b>Accompaniment</b>  |  |   |   |  | Roasted Vegetables<br><br>Green Beans<br><br>Corn on the cob   | Oven baked Potato wedges<br><br>Petits pois |  |
| <b>Hot Vegetable</b>  | Beef Tomato and Mozzarella Salad<br>  | Vegetable Spring rolls<br>   | Cherry tomato and Cucumber sticks<br><br>Rainbow Slaw   | Mixed Salad  |  |   |  |
| <b>Bread</b><br> | Garlic Bread   | Prawn Crackers  | Wholemeal bread   |  | Granary rolls with butter<br>   |   |  |
| <b>Dessert</b>  | Cheese & biscuits Fruit & Yoghurt<br>  | Pineapple upside down cake<br>   | Seasonal Fruit & Yoghurt<br> | Pastel de Nata (custard tart)  | Cheese & biscuits Fruit & Yoghurt<br>  |   |  |



**OR CHOOSE**

**Baked jacket potato**  
with a **choice**  
of **fillings**.

Option One

Our hot meals are served with **seasonal vegetables**.























A selection of **homemade breads**.

Cold dessert of **fresh fruit**,  
**natural** or **fruity yoghurt**.

Fresh water



# What's for lunch?

| Summer 2 Menu<br>Wk 2<br>14th -18th June   | Meat FREE Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|---|
| <b>Main Meal Vegetarian</b>  | <i>Basil Pesto Pasta<br/>Or<br/>Sundried tomato<br/>Pasta</i><br>  | Vegetable scone based pizza (cheese free)    | Vegetable chickpea pie               | Minestrone Soup   | Vegetable Samosas   |
| <b>Main Meal Meat</b>  |   | Cheese and Tomato scone based Pizza <br>  | Shepherd's Pie  | Chicken Soup  | Baked Battered Fish Or Calamari<br>  |
| <b>Accompaniment</b>   |   |  Coleslaw   |   |   | Oven Chips  |
| <b>Hot Vegetable</b>   | Roasted Mediterranean Vegetables  |   | Carrots and Kale  |   | Garden Peas   |
| <b>Table Salad/garnish</b>   | Mixed Leaf Salad with cherry toms   | Rocket, olives<br>Cucumber  |   | Humus and Carrot sticks   | Mixed Salad   |
| <b>Bread</b>  | Garlic & Parmesan Strips   |   | Wholemeal bloomer   | Cheese Rolls and butter    | Bread and Butter   |
| <b>Dessert</b>   | Cheese & biscuits Fruit Salad & Yoghurt<br><br> |  Apricot sponge and Custard<br><br> | Seasonal Fruit Salad & Yoghurt<br> | Jam and coconut Tart <br> | Cheese & biscuits Fruit Salad & Yoghurt<br><br> |



OR CHOOSE

Baked jacket potato with a choice of fillings.




















Option One

Our hot meals are served with seasonal vegetables.  
A selection of homemade breads.

Cold dessert of fresh fruit, natural or fruity yoghurt.  
Fresh water



# What's for lunch?

| Summer 2 Menu<br>Wk 3<br>21st - 25th June   | Meat FREE Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|---|--|---|---|--|
| <b>Main Meal Vegetarian</b>   | <i>Fajita pasta vegetable bake</i><br> | Vegetable Sausage Casserole  | Lentil Pie   | Vegetable Fried Rice  | Roast vegetable puffed pastry slices  |
| <b>Main Meal Meat</b>   |   | Sausage Casserole  | Beef and Mushroom pie    |   | Fresh Fish                            |
| <b>Accompaniment</b>  |   |  Mustard Mash      | Potato wedges   | Vegetable Spring rolls       | Croquettes                            |
| <b>Hot Vegetable</b>  | Roasted Veg   | Savoy Cabbage  | Herby roasted carrots   |   | Mixed Veg  |
| <b>Table Salad/garnish</b>  | Nachos & Guacamole                     |  | Baby gem salad  | Sweet chilli prawn crackers  | Waldorf Salad  |
| <b>Bread</b>  | Pitta bread   |  |   |   | Sun dried tomato Bread   |
| <b>Dessert</b>  | Seasonal Fruit and Yoghurt           | Apple Crumble   | Cheese and Biscuits Fruit and Yoghurt   | Mango Sorbet               | Yoghurt and Fresh fruit Salad       |



OR CHOOSE

**Baked jacket potato**  
with a choice of fillings.

Option One

Our hot meals are served with seasonal vegetables.


















A selection of homemade breads.

Cold dessert of fresh fruit, natural or fruity yoghurt.

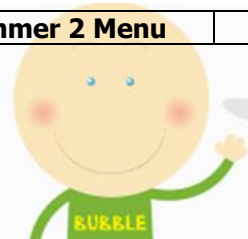
Fresh water



# What's for lunch?

| Summer 2 Menu<br>Wk 4<br>28th June -2nd July<br>Democracy Week                                  | Meat FREE Monday  | Tuesday   | Wednesday   | ★ Thursday<br>Language<br>of the month<br>Somali Day ★ | Friday  |
|---|---|---|---|--|---|
| <b>Main Meal Vegetarian</b>   | Cheese and tomato<br>or<br>Veg & Tomato<br>Home made<br>scone base Pizza<br>  | Roasted vegetable loaf  | Macaroni<br><br>Cheese<br>             | Bariis Iskukaris<br>(Somali Rice with<br>Spices)       | Roast<br>vegetable<br>puffed pastry<br>slices    |
| <b>Main Meal Meat</b>   |   | Roast Beef  |   | Chicken Suqaar<br>(Chicken & vegetable<br>Stew)        |  Fish<br>Pie  |
| <b>Accompaniment</b>  | Winterslaw    | Rosemary<br>roast potatoes  | Tomato Pasta for Dairy<br>Free  | Rice   | Mash   |
| <b>Hot Vegetable</b>  |   | Broccoli /String Beans  |   |  | Mixed Veg   |
| <b>Table Salad/garnish</b>  | Mixed Leaves  |   | Tomato Salad  |  |   |
| <b>Bread</b>  |   | Wholemeal Bloomer   |   | Lahooh Somali Flat<br>Bread                            | Bread and<br>Butter   |
| <b>Dessert</b>  | Yoghurt and fresh fruit<br>Salad<br>   | Carrot<br>Cake<br>   | Yoghurt and Fresh fruit<br>Salad<br> | Crème Caramel Cake                                     | Yoghurt and Fresh fruit<br>Salad<br>   |

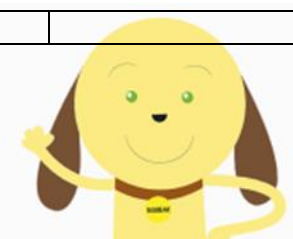
Summer 2 Menu















OR CHOOSE

Baked jacket potato  
with a choice  
of fillings.  
Option One

Our hot meals are served with  
seasonal vegetables.  
A selection of homemade breads.  
Cold dessert of fresh fruit,  
natural or fruity yoghurt.  
Fresh water



# What's for lunch?

| Wk 5<br>5th -9th July<br><i>Sports Fortnight</i>  | Meat FREE Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|--|---|--|---|---|
| <b>Main Meal Vegetarian</b>   | Vegetarian Bolognese<br>  | Vegetable Hot pot   | Spinach and Chickpea Curry   | Vegetable Thai Curry  | Bean Burger   |
| <b>Main Meal Meat</b>   |  | Beef Stew   | Gujurati Dal   | Chicken Thai Curry  |  Fish Finger and Avocado wraps   |
| <b>Accompaniment</b>  |  | Mash                     | Vegetable Biryani  |  Noodles | Sweet Potato Wedges   |
| <b>Hot Vegetable</b>  |  | Sweetcorn & Green beans   |  | Mange Tout  | Garden Peas   |
| <b>Table Salad/garnish</b>  | Garden Salad   |   | Poppadum and Mango Chutney   | Sweet chilli sauce  |  Red cabbage<br> Coleslaw |
| <b>Bread</b>  | Garlic Bread   | Rosemary Focaccia   | Rotis  | Thai prawn crackers   |   |
| <b>Dessert</b>  |  Courgette sponge  | Mixed Berry Smoothie<br> | Indian Ambrosia/<br>Fruit Custard<br> | Mango Sorbet  | Strawberries and cream/vanilla icecream<br>  |

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|



OR CHOOSE



















Baked jacket potato with a choice of fillings.

Option One

Our hot meals are served with seasonal vegetables.  
 A selection of homemade breads.  
 Cold dessert of fresh fruit, natural or fruity yoghurt.  
 Fresh water



# What's for lunch?

| Spring 1 Menu<br>Wk 6<br>12th-16th July<br><i>Sports Fortnight</i>                              | Meat FREE Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|---|--|---|--|---|
| <b>Main Meal Vegetarian</b>   | <i>Quorn &amp; Veg Chilli</i>    | Spinach and mushroom Stroganoff   | Vegetable Pasta Bake             | Vegetarian Tacos  | Jacket Potato   |
| <b>Main Meal Meat</b>   |   | Beef Stroganoff   |   | Chicken Tacos     | Tuna   |
| <b>Accompaniment</b>  | Braised Rice  | Rice   | Roasted Broccoli with Garlic  | Refried Beans  | Cheese   |
| <b>Vegetable</b>  |   | Garden Peas and baby carrots   | Mixed Salad   | Sweet corn Salsa   | Beans   |
| <b>Table Salad/garnish</b>  | Carrot and celery sticks         | Gherkins   | Olives  | Cucumber and Carrot Sticks   | Kale Coleslaw & edamame beans   |
| <b>Bread</b>  | Tortillas   | Rye Bread  | Garlic Bread  |  |   |
| <b>Dessert</b>  | Yoghurt and Fresh fruit Salad  | Homemade Blueberry Muffins    | Yoghurt and Fresh fruit Salad  | Lime jelly with nectarines   | Raspberry Ice Cream Fresh Fruit Salad    |



OR CHOOSE

**Baked jacket potato**  
with a **choice**  
of **fillings**.

Option One

Our hot meals are served with  
**seasonal vegetables**.

A selection of **homemade breads**.

Cold dessert of **fresh fruit**,  
**natural** or **fruity yoghurt**.

Fresh water

