

# Menu

Spring Summer 2022



## Week 1

Day	Lunch
<b>Mon</b>	<p><b>Chicken</b> with fresh coriander <b>OR</b> romanesco <b>cauliflower</b> with <b>adzuki beans</b> and <b>peppers</b>                      In coconut and <b>mango</b> sauce with <b>rice</b>, <b>broccoli</b>, <b>cauliflower</b>, <b>peas</b> and baby <b>corn</b></p> <p><b>Apple and cherry yoghurt</b></p> <p>2 – 7 – 14 <span style="float: right;">2 – 7 – 14</span></p>
<b>Tue</b>	<p>Poached <b>fish OR Quorn</b>                      In a <b>creamy</b> cheese and <b>chive</b> sauce, served with new <b>potatoes</b>, crinkle cut <b>carrots</b>, <b>peas</b> &amp; <b>corn</b></p> <p><b>Carrot cake cookies</b></p> <p>1 – 2 – 4 – 5 – 7 <span style="float: right;">1 – 2 – 4 – 7</span></p>
<b>Wed</b>	<p><b>Lamb</b> ragu <b>OR</b> <b>red lentil</b> and <b>black-eyed bean</b> ragu                      With dressed <b>spaghetti pasta</b>, with seasonal <b>vegetables</b> and garlic <b>ciabatta</b> bread</p> <p><b>Pear and raspberry ripple</b></p> <p>1 – 2 – 7 – 14 <span style="float: right;">1 – 2 – 7 – 14</span></p>
<b>Thu</b>	<p><b>Pork</b> sausage balls <b>OR</b> <b>courgette</b> and <b>borlotti</b> flavoured balls                      Flavoured with <b>apricots</b> and oregano, with oven baked crinkle cut <b>potato</b> wedges and seasonal <b>vegetables</b></p> <p><b>Mango jelly OR mango yoghurt</b></p> <p>1 – 2 – 14 <span style="float: right;">1 – 2 – 7 – 14</span></p>
<b>Fri</b>	<p><b>Beef lasagne OR Quorn lasagne</b>                      With seasonal <b>vegetables</b>, served with <b>spring greens</b> and an olive <b>focaccia bread</b></p> <p><b>Marbled beetroot chocolate shortbread</b></p> <p>1 – 2 – 7 – 14 <span style="float: right;">1 – 2 – 4 – 7 – 14</span></p>

Foods Highlighted Indicate - **Pink** = Protein Foods, **Yellow** = Starchy Foods, **Green** = Fruits And Vegetables, **Blue** = Dairy Foods, **Purple** = Deserts.

**Food Standard Agency (FSA) Allergy List:** 1 - Celery, 2 - Gluten(Ngci), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide

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## Week 2

Day	Lunch
Mon	<p><b>Creamy fish</b> &amp; <b>sweet corn</b> chowder <b>OR</b> <b>Creamy haricot bean</b> and pumpkin chowder                      With penne <b>pasta</b>, seasonal <b>vegetables</b> and tomato <b>Bread</b></p> <p><b>Banana sweet potato and cinnamon cake</b></p> <p>1 – 2 – 4 – 5 – 7 <span style="float: right;">1 – 2 – 4 – 5 – 7</span></p>
Tue	<p><b>Beef</b> chilli con carne <b>OR</b> <b>Vegetable</b> chilli con carne                      With <b>kidney beans</b> served with <b>rice</b>, oven baked <b>tortilla crisp</b> and seasonal <b>vegetables</b></p> <p><b>Lemon and raspberry yoghurt</b></p> <p>2 – 7 <span style="float: right;">2 – 7</span></p>
Wed	<p>Roast <b>turkey</b> <b>OR</b> <b>lentil</b> and <b>yellow split pea</b> loaf                      Served with roast <b>potatoes</b>, <b>carrots</b>, <b>peas</b>, <b>broccoli</b> and homemade gravy</p> <p><b>Oatey shortbread</b></p> <p>1 – 2 – 7 <span style="float: right;">1 – 2 – 7</span></p>
Thu	<p><b>Lamb</b> and mint patties <b>OR</b> Cheesy sweet potato and <b>adzuki bean</b> patties                      With oven baked crinkle cut <b>wedges</b>, <b>peas</b>, <b>corn</b> and a <b>tomato</b> chutney</p> <p><b>Courgette and lime cake</b></p> <p>1 – 2 – 4 <span style="float: right;">1 – 2 – 4 – 7</span></p>
Fri	<p><b>Chicken</b> tikka masala <b>OR</b> <b>Quorn</b> tikka masala                      Served with <b>rice</b>, <b>cauliflower</b>, <b>broccoli</b>, <b>peas</b>, baby <b>spinach</b> and garlic flat <b>bread</b></p> <p><b>Strawberry and watermelon jelly</b> <b>OR</b> <b>strawberry and watermelon yoghurt</b></p> <p>1 – 14 <span style="float: right;">2 – 4 – 7 – 14</span></p>

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## Week 3

Day	Lunch
<b>Mon</b>	<p>Roast <b>pork</b> loin <b>OR Quorn</b> fillet with thyme Served with buttered new <b>potatoes</b>, seasonal <b>vegetables</b> and apple gravy</p> <p><b>Apple and blackcurrant jelly OR apple and blackcurrant yoghurt</b></p> <p>1 – 2 – 14 <span style="float: right;">1 – 2 – 4 – 7</span></p>
<b>Tue</b>	<p><b>Chicken</b> in a rich <b>tomato</b> and basil sauce <b>OR jack fruit</b> and <b>peppers</b> in a rich <b>tomato, lentil</b> and <b>basil</b> sauce with roasted sweet <b>potatoes</b>, served with penne <b>pasta</b>, <b>peas</b>, <b>corn</b> and homemade focaccia <b>bread</b></p> <p><b>Lemon jumbles</b></p> <p>1 – 2 – 4 – 7 – 14 <span style="float: right;">1 – 2 – 4 – 7 – 14</span></p>
<b>Wed</b>	<p>Thai <b>turkey</b> meat balls <b>OR</b> Thai veggie balls with <b>chickpeas</b> and <b>lentils</b> In a creamy coconut sauce served with <b>noodles</b>, <b>baby corn</b>, <b>broccoli</b>, <b>cauliflower</b> and <b>peas</b></p> <p><b>Rhubarb crumble slice</b></p> <p>2 – 4 – 14 <span style="float: right;">2 – 4 – 14</span></p>
<b>Thu</b>	<p><b>Beef</b> with roasted <b>peppers</b> <b>OR</b> roasted <b>pepper</b> with water <b>chestnuts</b> and <b>black turtle beans</b> In a <b>plum</b> sauce, served with <b>rice</b>, <b>peas</b> and seasonable <b>vegetables</b></p> <p><b>Orange and beetroot cheesecake</b></p> <p>1 – 2 – 4 – 14 <span style="float: right;">1 – 2 – 4 – 14</span></p>
<b>Fri</b>	<p>Homemade chunky <b>fish</b> fingers <b>OR</b> homemade <b>vegan fish</b> fingers With mashed <b>potatoes</b> and homemade <b>baked beans</b></p> <p><b>Summer berry puffs</b></p> <p>1 – 2 – 5 <span style="float: right;">1 – 2 – 14</span></p>

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## Week 4

Day	Lunch
<b>Mon</b>	<p><b>Beef</b> meatballs <b>OR lentil</b> and butternut squash balls In a caramelized onion gravy served with roast <b>potatoes</b> and seasonal <b>vegetables</b></p> <p><b>Banana cookies</b></p> <p>1 – 2 – 7 <span style="float: right;">1 – 2 – 7</span></p>
<b>Tue</b>	<p><b>Lamb OR Quorn</b> Apricot and date stew with fresh coriander</p> <p>With coloured <b>rice, broccoli, cauliflower</b> and <b>peas</b></p> <p><b>Blueberry yoghurt</b></p> <p>1 – 2 – 7 – 14 <span style="float: right;">1 – 2 – 4 – 7 – 14</span></p>
<b>Wed</b>	<p><b>Chicken</b> fricassee <b>OR borlotti bean</b>, sweet potato and baby <b>spinach</b> fricassee With dressed <b>pasta</b>, seasonal <b>vegetables</b> and ciabatta <b>bread</b></p> <p><b>Peach and raspberry sponge</b></p> <p>1 – 2 – 4 – 7 – 14 <span style="float: right;">1 – 2 – 4 – 7 – 14</span></p>
<b>Thu</b>	<p><b>Fish</b> in a <b>tomato</b> and onion sauce <b>OR butter bean</b> and roasted <b>cauliflower</b> in a <b>tomato</b> and oregano sauce With new <b>potatoes, carrots, peas</b> and <b>corn</b></p> <p><b>Vanilla panna cotta OR vanilla yoghurt</b></p> <p>1 – 2 – 5 – 7 – 14 <span style="float: right;">1 – 2 – 5 – 7 – 14</span></p>
<b>Fri</b>	<p>Glazed <b>gammon OR</b> parmesan and red <b>pepper</b> and yellow <b>lentil</b> sausages Served with roast <b>potatoes</b>, seasonal <b>vegetables</b> and a parsley sauce</p> <p><b>Jammy dodgers</b></p> <p>1 – 2 – 7 <span style="float: right;">1 – 2 – 7</span></p>

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