

Spring / Summer 2020 Menu



with The Greens

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 20/04/2020, 11/05/2020, 08/06/2020, 29/06/2020, 20/07/2020, 14/09/2020, 05/10/2020				
Cheese and Tomato Pizza with Potato Salad	Beef Burger in a Bap with Tomato Relish with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Cajun Chicken in Tomato Sauce with Rice	Fish Fingers with Tomato Ketchup and Chips
Mexican Bean Fajitas	New York Style Pasta (Tomato & Herb Pasta)	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	Butterbean Bubble and Squeak with Gravy	Mushroom and Cheese Quiche with Chips
Green Beans and Cauliflower	Crunchy Redslaw and Sweetcorn	Carrots and Cabbage	Broccoli and Roasted Vegetables	Garden Peas and Baked Beans
Citrus Sponge with Vanilla Sauce	Big Apple Pie and Yoghurt	Fruity Flapjack with Natural Yoghurt	Allergy Free Chocolate Brownie with Fruit Slices and a Glass of Milk	Strawberry Mousse
WEEK 2 - 27/04/2020, 18/05/2020, 15/06/2020, 06/07/2020, 31/08/2020, 21/09/2020, 12/10/2020				
Vegetable Lasagne	Creamy Chicken Korma with Rice & Naan Bread	Beef Lasagne	BBQ Chicken with Rice	Breaded Fish Fillet with Tomato Ketchup and Chips
Mixed Bean Wrap with New Potatoes	Sag Aloo (Spinach, potato and lentil curry) with Rice and Naan Bread	Cauliflower Cheese Croquette with Roast Potatoes	Vegetable and Potato Hot Pot	Chickpea Burger in a Bun with Tomato Ketchup and Chips
Sweetcorn and Broccoli	Cauliflower and Green Beans	Carrots and Cabbage	Courgettes and Green Beans	Garden Peas and Baked Beans
Toffee Apple and Banana Crumble with Custard	Fruity Jelly and Yoghurt	Coconut Rice Pudding with Tropical Fruit Topper and Pineapple	Mixed Berry Sponge with Vanilla Sauce	Lemon Mousse
WEEK 3 - 04/05/2020, 01/06/2020, 22/06/2020, 13/07/2020, 07/09/2020, 28/09/2020, 19/10/2020				
Veggie Hot Dog and Half Jacket Potato	Piri Piri Chicken Wrap with Mexican Rice	SUPER SALAD DAY Roast Chicken Drumstick with a Selection of Salads	Pasta Bolognese	Fish Fingers or Salmon Fish Fingers with Tomato Ketchup and Chips
Jacket Potato with Baked Beans or Cheese	Portuguese Vegetable and Bean Stew with Rice	SUPER SALAD DAY Cheese Quiche with a Selection of Salads	Jollof Rice	Falafel in a Soft Tortilla with Lemon Mayonnaise and Chips
BBQ Beans or Crunchy Coleslaw	Courgettes and Green Beans	Hot New Potatoes and Salad Selection	Sweetcorn and Broccoli	Garden Peas and Baked Beans
Jamaican Ginger Cake with Pineapple Compote and Custard	Custard Tart with Mixed Berry Compote	Carrot and Courgette Cake with Custard	Fruity Jelly and Yoghurt	Strawberry or Lemon Mousse

Served Daily Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit EasiYo Yoghurt

ON A MISSION

To inspire and educate pupils to think differently about food, cooking, health and our environment!

Look out for the VE symbol on our menu for some tasty vegan options.

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal!)

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

