

YOUR menu

Summer Term 2016
Week 3 commencing
11th Julv 2016

they're here...



MONDAY

Option 1 - Pork Curry

Option 2 - Indian selection

Fluffy Steamed Rice
Corn on the cob
Cauliflower

Option 3 – Wrap Bar with
Pulled Pork or Tomato &
Quorn wraps

Option 4 - Salad &
Sandwich Bar

Apple Sponge & Custard
Fresh Fruit
Yoghurts

**Allergy Info – these meals
contain G, E, Mi**

TUESDAY

Option 1 - Lamb Steaks

Option 2 – Cheese &
Potato pie

Mash Potato
Green beans
Broccoli

Option 3 – Pasta Bar with
Herby Chicken or
Vegetable Medley

Option 4 - Salad &
Sandwich Bar

Melon & Pineapple
Fresh Fruit
Yoghurts

**Allergy Info – these meals
contain G, E, and Mi**

WEDNESDAY

Option 1 - Roast Beef &
Yorkshire pudding

Option 2 - Roast Quorn
Fillet
Roast/Boiled Potatoes
Sliced Carrots
Cauliflower

Option 3 - Jacket Potato
Bar with BBQ Beans or
Bolognese

Option 4 - Salad &
Sandwich Bar

Strawberry Angel delight
Fresh Fruit
Yoghurts

**Allergy Info – these
meals contain G, E, and
Mi**

THURSDAY

Option 1 – Battered Fish

Option 2 -Tomato Pasta
Bake

Chips
Mushy peas
Sweetcorn

Option 3 – Noodle Bar
with Tuna & Sweetcorn or
Mixed Peppers

Option 4 – Salad &
Sandwich bar

Chocolate Éclair
Fresh fruit
Yoghurts

**Allergy Info – these meals
contain G, E, F and Mi**

FRIDAY

***Inset
Day***

**BREAD SELECTION, FRUIT and SALAD BAR DAILY,
CHOICE OF SANDWICHES CHANGE DAILY – MEAT, CHEESE, TUNA, EGG, CHICKEN TIKKA OR PASTRAMI**

Fruit, milk, juice and water are provided daily as well as custard, gravy where appropriate

