

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Summer Gold Menu 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Spaghetti Bolognese	Sausages with Wedges and Gravy	Roast Pork with Roast New Potatoes & Gravy	Chicken Fajitas with Rice	MSC Fish Fingers, Chips and Tomato Sauce
	Vegetarian	Tomato pasta	Quorn Sausages with Wedges and Gravy	Vegetable Pasty with Roast Potatoes	Vegetarian Fajitas with Rice	Cheese and Pepper Whirl with Chips
	Sandwich	Tuna Mayonnaise Sandwich	Cheese Wrap	Hot Roast Baguette	Ham Baguette	Fish Finger Wrap
	Dessert	Carrots Garden Peas	Sweetcorn Green Beans	Fresh Mixed Seasonal Vegetables	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Platter	Iced Sponge Yoghurt Fresh Fruit Salad	Fruit and Yoghurt Station
Week 2	Main	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with Rice	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish, Chips, Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Creamy Vegetable Pie with Roast Potatoes & Gravy	Vegetarian Lasagne with Garlic Bread	Vegetable Pasty with Chips
	Sandwich	Tuna Mayonnaise Sandwich	Egg Mayonnaise Sandwich	Hot Roast Baguette	Cheese Brown Baguette	Fish Finger Wrap
	Dessert	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Fresh Mixed Seasonal Vegetables	Broccoli Sweet corn	Baked Beans Garden Peas
	Dessert	Chocolate and Banana Square Yoghurt Fresh Fruit Salad	Lemon Drizzle Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station
Week 3	Main	Beef and Red Pepper Pizza with New Potatoes	Beef Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala with Rice & Curry Bread	MSC Fish Fingers, Chips, Tomato Sauce
	Vegetarian	Cheese and Tomato Pizza with New Potatoes	Vegetarian Curry with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Lentil and Sweet Potato Curry with Rice & Curry Bread	Red Pepper and Cheese Frittata with Chips
	Sandwich	Tuna Sandwich	Egg Mayonnaise Sandwich	Hot Roast Chicken Baguette	Tuna Mayonnaise Wrap	Fish Finger Wrap
	Dessert	Sliced Carrots & Green Beans	Sweetcorn Tomato Salad	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	Dessert	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station

Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection