

# **Spring Menu 22**

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money. We can assure you that our ingredients are responsibly, and where possible locally sourced. No ifs, no buts, our menu ingredients are all freshly prepared at your school. The results speak for themselves; access to hearty, wholesome and healthy food every school day.

#### Week 1 17th Jan. – 7th Feb. - 7th/28th Mar. 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
м	Cheese & Ham Pasta Bake	Butchers Sausage, Mash & Gravy	Roast Chicken & Stuffing	Fish Fingers	Beef Bolognaise
v	Quorn Hotdog & Sweet Potato Wedges	Sweet and Sour Quorn Pieces with Rice	Broccoli & Cauliflower Bake	Quorn Nuggets	Roasted Veg. Bolognaise
Sides	Sweetcorn & Fresh Broccoli	Peas & Green Beans	Roast Potatoes, Fresh Sliced Carrots, Cabbage & Gravy	Chips, Tomato Sauce, Peas & Beans	Pasta & Sweetcorn
JP	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
SPL	Едд Мауо Вар	Cheese Bap	Chicken Bap	Chicken Salad	Sausage Roll
D	Fresh Fruit	Chocolate Cake	Fruit Smoothie	Cookie	Banana Cake

### Week 2 3rd/24th Jan. –14th Feb. –14th Mar. –4th Apr. 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
м	Breaded Fish & Wedges	Brunch, Sausage, Bacon & Scrambled Eggs	Roast Gammon	Beef Burger in a Bap	Mild Chicken Korma & Wholegrain Rice
v	Sweet Potato & Lentil Curry with Sunshine Rice	Vegetarian Brunch	Vegetarian Roast	Quorn Nuggets	Cauliflower Bites with BBQ Sauce & Wholegrain Rice
Sides	Peas & Sweetcorn	Baked Beans & Hash Brown	Roast Potatoes , Fresh Broccoli, Sliced Carrots & Gravy	Chips, Tomato Sauce, Peas & Sweetcorn	Carrots
JP	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
SPL	Едд Мауо Вар	Cheese Bap	Gammon Bap	Chicken Salad	Sausage Roll
D	Sticky Toffee Sponge & Custard	Fresh Fruit	Fruit Smoothie	Cookie	Flapjack

## Week 3 10th/31st Jan. –28th Feb. –21st Mar. 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
м	Toad in the Hole, Creamy Mash with Gravy	Chicken & Vegetable Pie with Creamy Mash Potato	Roast Turkey with Herby Stuffing	Salmon Fish Cakes	Beef Lasagne & Garlic Bread
V	Spinach, Pepper & Mozzarella Pasta Bake		Vegetable Gratin	Quorn Nuggets	Roasted Vegetable Bolognaise
Sides	Sliced Carrots & Peas	Sides - Sweetcorn & Green Beans	Roast Potatoes, Fresh Sliced Carrots, Broccoli &	Chips, Tomato Sauce, Beans & Sweetcorn	Cabbage & Peas
JP	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans, Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
SPL	Egg Mayonnaise Bap	Ham Bap	Turkey Bap	Chicken Salad	Sausage Roll
D	Fresh Fruit	Iced Sponge	Fruit Smoothie	Cookie	Flapjack

Yoghurts, Fresh Fruit & Bread will be available daily

#### Gluten free menu available on request