

Summer Menu 2022

MEAT-FREE MONDAY

Week One

For weeks commencing
25/04, 16/05, 20/06, 11/07

Wholemeal margherita pizza **V** or Quorn
burger bap **V** with crunchy diced potatoes

Falafel wrap with spinach & mango
chutney **V** or Egg mayo sandwich **V**

Chocolate krispy cake **V**

Local pork sausages or Quorn sausages **V** or
Vegan sausages **V** with mash

Tuna mayo and cucumber wrap or Ham
sandwich

Apple and cinnamon muffin

Roast chicken and gravy or Cheese and
leek parcel or Vegan roast **V** with roast
potatoes

Ham and lettuce wrap or Tuna mayo
sandwich

Organic ice-cream

Pasta beef Bolognese or Pasta tomato and
roasted vegetables **V** with garlic bread

Chicken mayo and lettuce wrap or cheese
sandwich **V**

Lemon drizzle cake

Fish fingers or Cheese omelette **V** or Vegan
nuggets **V** with chips and peas or beans **V**

BBQ jackfruit and lettuce wrap **V** or Chicken
mayo sandwich

Frozen yoghurt smoothie

ROAST WEDNESDAY

Week Two

For weeks commencing
02/05, 23/05, 27/06, 18/07

Mac and cheese **V** or
Vegan pasta bake **V** with garlic bread

Falafel wrap with spinach & mango
chutney **V** or Egg mayo sandwich **V**

Apple flapjack **V**

Local home-made beef burger bap or
Vegan hot dog **V** with potato wedges and
corn on the cob **V**

Tuna mayo and cucumber wrap or Cheese
sandwich **V**

Fruits-of-the-forest muffin

Roast turkey and gravy or Yorkshire
pudding stuffed with roasted vegetables **V**
or Vegan Roast **V** with roast potatoes

Ham and salad wrap or Tuna mayo
sandwich

Strawberry jelly and whippy cream **V**

Crispy chicken with plum sauce and
noodles or Nasigoreng noodles **V** with stir
fry vegetables

Cheese and salad wrap **V** or Ham
sandwich

Chocolate surprise brownie

Fish fingers or Margherita wrap **V** or Vegan
wrap **V** with chips and peas or beans **V**

BBQ jackfruit and lettuce wrap **V** or Chicken
mayo sandwich

Organic ice-cream

Week Three

For weeks commencing
09/05, 13/06, 04/07, 25/07

Wholemeal margherita pizza **V** or Roasted
vegetable lasagne **V** or Vegan pizza **V** with
herby diced potatoes

Cheese and salad wrap **V** or
Egg mayo sandwich **V**

Oat cookie **V**

Meatballs or Veggie balls **V** in tomato sauce
with spaghetti and crusty bread

Falafel spinach & mango chutney wrap **V** or
Ham sandwich

Sticky toffee slice

Honey roast ham and gravy or Cauliflower
and broccoli cheese bake **V** or Vegan roast
V and roast potatoes

BBQ jackfruit and lettuce wrap **V** or Tuna
mayo sandwich

Organic ice-cream

Pulled BBQ chicken wrap and savoury rice
or Salmon fishcake and new potatoes **V** or
Veggie stir fry wrap **V**

Ham and salad wrap or Cheese sandwich

Home-made carrot cake

Fish fingers or Lentil loaf **V** or Vegan nuggets
V with chips and peas or beans **V**

Tuna mayo and cucumber wrap or Chicken
mayo sandwich

Organic rocket ice lolly **V**

To go with the main meal ...

Seasonal vegetables **V**

All vegetables are
seasonal with the
exception of peas,
sweetcorn and baked
beans

Jacket Potatoes

Jacket potatoes are
available as an
alternative main meal
with cheese **V**,
beans **V** or tuna mayo

Freshly Baked Bread

Freshly baked bread is
available each day to
compliment the main
meal

Salad Bar

A freshly prepared
salad bar is available
daily.

Yogurts and fresh fruit
are also available daily.

V Vegan

V Vegetarian

