

YUM YUM
Nutritious School Lunches
Menu for 2019 Summer Term

Week 1:

Monday

Penne in tomato with roast summer vegetables, cream cheese and cheddar bake
(SI: pumpkin, courgette, carrot and red pepper)
Fresh fruit

Tuesday

Creamy light korma sauce with chicken breast meatballs with pilau rice
(SI: Carrots, leeks, apple, courgette, yellow split peas)

Wednesday

Beef lasagne or Spaghetti Bolognaise
(Lentils, carrots and courgette)
Fresh fruit

Thursday

Yakitori currasco chicken with and rice stir-fry
(courgette, sweetcorn, red and green peppers and broccoli)

Friday

Egg battered hake with mashed potatoes, buttered carrots and peas
Fruit yogurt

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Week 1 (vegetarian and vegan):

Monday

Penne in tomato with roast summer vegetables, cream cheese and cheddar bake (v)
vegan on request
(SI: pumpkin, courgette, carrot and red pepper)
Fresh fruit

Tuesday

Falafel balls in creamy korma curry sauce with Pilau rice (v) vegan on request
(SI: Carrots, Leeks, apple, courgette and aubergine)
Fresh fruit

Wednesday

Vegetable lasagne or spaghetti bolognese (v) vegan on request
(Lentils, carrots and courgette)
Fresh fruit

Thursday

Omelette with rice stir-fried vegetables and soy (v) or vegetable rice stir-fry with roast
broccoli (vg)

Friday

Courgette fritters with mashed potato, peas and carrots (vg)
Fruit yogurt

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Week 2:

Monday

Homemade pizza squares
Green salad with sesame seeds
(SI: Tomatoes, red peppers, mushrooms and carrots)
Fresh fruit

Tuesday

Beef Bourignon with mashed potato and buttered green beans
(SI: carrot, celery, mushroom and leek)
Fresh fruit

Wednesday

Roast chicken breast with thyme and lemon gravy, Yorkshire pudding, roast potatoes
broccoli and carrots
Fresh fruit

Thursday Special of the week, changes every other week, here's where we try out new
dish and cook old favourites

- Rosto with penne
 - Sweet and sour chicken
 - Moroccan chicken
 - Chicken and chorizo bake
 - Noodles with chicken and vegetables and more
 - Shepherds pie
- Fresh fruit

Friday

Hake and tuna English fish cakes with sweetcorn, pea and carrots
Or
Tuna with yellow rice
Fruit yogurt

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Week 2 (vegetarian):

Monday

Homemade pizza squares
Green salad with sesame seeds
(SI: Tomatoes, red peppers, mushrooms and carrots)
Fresh fruit

Tuesday

Vegetable filled roast peppers with rice and tomato sauce (vg)
Fresh fruit

Wednesday

Our deli Harissa lentils with butternut squash (vg)
Fresh fruit

Thursday

Weekly special day, a vegetarian variety of the chosen dish will be offered
Fruit Salad

Friday

Courgette and cheddar fritters (vg)
Roast potatoes
Buttered peas and carrots
Fruit yogurt