

YUM YUM
Nutritious School Lunches
Menu Summer Term 2021

Week 1:

Monday

Penne with roast tomato and aubergine
Mozzarella cheese bake
(SI: Aubergine and Carrot)
Fresh fruit

Tuesday

Breaded chicken, potato wedges & green beans and carrots
Fresh fruit

Wednesday

Spaghetti bolognese
(SI: Carrot, pumpkin, lentils, tomato)
Fresh fruit

Thursday

Special order the week, changes every other week, here is where we try out new dish and cook old favourites:

- Sweet and sour chicken, fried rice and pineapple
- Moroccan chicken with cous cous
- Chicken and ham pie with vegetables
- Cottage pie with peas and carrots

Friday

Battered fish mash potatoes, or roast potatoes, peas and carrots.

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Week 2:

Monday

Homemade pizza squares

Green salad

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Chicken meatballs in creamy korma curry sauce with basmati rice

(SI: Carrots, pumpkin and sweet potato)

Fresh fruit

Wednesday

Roast chicken with carrots, peas bone-broth gravy and yorkshire pudding.

(SI: Carrot and leeks)

Fresh fruit

Thursday

Macaroni cheese with bacon and sweetcorn

(SI: Leeks, butterbeans)

Friday

Fish Goujons mash potatoes or roast potatoes, carrots and sweetcorn

Yogurt

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Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine
Mozzarella cheese bake
(SI: Aubergine and carrot)
Fresh fruit

Tuesday

Falafel, tomato sauce and vegetable cous cous
(courgette, sweetcorn and carrots)

Wednesday

Vegetables with “Quorn” spaghetti bolognaise

Thursday

Special of the week, changes every other week, here is where we try out new dish and cook old favourites. A different vegetarian option will be available on each week. A vegetarian version of the dish of the day.

Friday

Courgette and cheddar fritters with mash potatoes, peas and carrots.

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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 creamy korma curry with rice
(SI: courgette, aubergine, pumpkin, carrot)
Fresh fruit

Wednesday

Pulses, “nut” roast with Yorkshire puddings, gravy and vegetables.
(SI: Carrot, leeks, chickpeas, butterbeans and rice.
Fresh fruit

Thursday

Vegetarian sausages with home-made BBQ sauce and roast potato wedges, carrots and sweetcorn

Friday

Courgette and cheddar fritters with mash, carrots and peas
Fresh fruit
Or
Pea and cheddar risotto with mushroom,
Fresh fruit