

Menu - Week 1

RETURN THIS FORM NO LATER THAN 3pm MONDAY 15th MARCH 2021

Name:		Amount enclosed: £		
Class:		£2.30 per meal/day		
Entitled to a free school meal:		Payment made for lunches on Squid		
Please tick Main meal or Vegetarian meal choice. Pudding of the day is included		Please return by no later than 3pm Friday		
Week Commencing 19 th April, 10 th May, 7 th June, 28 th June, 19 th July 2021		Kitchen Tel: 01905 23159		
Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognaise Minced beef and vegetables cooked in a homemade tomato sauce served with fresh salad and homemade bread	Brunch Pork sausages, bacon and omelette served with Hash browns, tomato and baked beans	Roast Lamb British roast lamb served with a rich gravy, minted new potatoes and peas	Chicken Burger Breaded chicken burger served in a floured bap with herby potatoes and homemade coleslaw	Breaded Fish Sustainably sourced breaded fish served with criss cross potatoes and mixed vegetables
Vegetable Lasagna Homemade tomato sauce layered with lasagna sheets, topped with cheese sauce	Veggie Brunch Quorn sausages and omelette served with Hash Brown, tomato and baked beans	Cheese and Red onion Tart Homemade cheese and red onion tart served with minted new potatoes and peas	Spicy Bean Burger A blend of kidney beans, sweetcorn and green peppers, spiced with cumin, chilli and oregano coated in a crispy crumb served in a bap with herby potatoes and homemade coleslaw	Cheese and tomato Pizza Whole meal pizza base topped with tomato and cheese Served with criss cross potatoes and mixed vegetables
Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg
Carrot Cake	Banana mousse	Lemon Shortbread	Jam and Coconut sponge	Fresh Fruit Salad
Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings

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Menu – Week 2

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Please tick Main meal or Vegetarian meal choice. pudding of the day is included		Please return by no later than 3pm Friday		
Week Commencing 26 th April, 17 th May, 14 th June, 5 th July 2021		Kitchen Tel: 01905 23159		
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Tomato Pasta Bake Chicken cooked in a homemade tomato sauce mixed with fresh pasta and baked in the oven served with sweetcorn and fresh homemade bread	Chicken Kebab British chicken cooked with onions and peppers served in a flat bread with salad	Roast Beef with gravy and Yorkshire Pudding Tender slices of red tractor roast beef and served with a rich gravy, Yorkshire pudding, roast potatoes, broccoli and cauliflower	Red Tractor Beef Chilli Red tractor minced beef slowly cooked in a chilli tomato sauce topped with crispy tortilla and cheese served with half jacket potato and sweetcorn	Red Tractor Hot Dogs Red tractor pork sausages served in a bap with chips and peas
Oriental Fried Rice Mixed vegetables tossed in egg fried rice served with sweetcorn and fresh homemade bread	Cheese and Potato Pinwheel Creamy mashed potato and cheese rolled in puff pastry served with spring fresh vegetables	Veg Wellingtons Stuffed pastry with roasted med vegetables with a homemade sauce served with roast potatoes, broccoli and cauliflower	Quorn Southern Fried Bites Quorn meat free bites, coated in a southern fried crumb and served with half a jacket potato and sweetcorn	Veggie Hot Dog Quorn Sausages served in a bap with chips and peas
Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg
Fresh Fruit Salad	Homemade Cupcakes with buttercream and Jam	Chocolate Krispy Cake	Fruit Tarts	Jelly
Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings

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Menu – Week 3

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Entitled to a free school meal: Please tick Main meal or Vegetarian meal choice. Pudding of the day is included		Payments made for lunches on Squid Please return by no later than 3pm Friday		
Week Commencing 3 rd May, 24 th May, 21 st June, 12 th July 2021		Kitchen Tel: 01905 23159		
Monday	Tuesday	Wednesday	Thursday	Friday
Beef meatballs in a tomato sauce Red Tractor Beef meatballs cooked in a tomato sauce served with pasta and homemade garlic bread	Sweet and Sour Chicken Diced chicken cooked in a sweet and sour sauce served with rice and prawn crackers	Roast Gammon British roast gammon served with a rich gravy, creamy mash potatoes, green beans and sliced carrots	Ham and Cheese quiche Homemade quiche served with new potatoes and a fresh crispy salad	Cod Bites Sustainably sourced cod bites with croquette potatoes and baked beans
Veg Supreme pizza Baguette Veg supreme pizza, peppers, tomatoes and red onion topped with cheese served with herby potatoes and salad	Sweet Potato, chickpea and Spinach Curry Sweet potato, chickpea and spinach cooked in a mild curry sauce served with rice and naan bread	Roast Quorn Fillet Quorn fillet served with gravy, creamy mash potatoes, green beans and sliced carrot	Macaroni Cheese Pasta tubes cooked in a homemade cheddar cheese sauce served with a crispy fresh salad	Veggie Nuggets Vegetable Nuggets served with croquette potatoes and Baked beans
Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg
Summer Fruit Crumble	Pancakes served with a fruit topping	Homemade Flapjack	Fruit salad	Ice-cream
Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings

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