



Spring & Summer Menu 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Penne Bolognese with carrot & pepper batons	Chicken Shawarma with rainbow cous cous	Greek lamb meatballs with an aubergine and tomato sauce, herbed new potatoes and sweetcorn	Summer vegetable biryani	Smokey tomato and bean white fish fillet with bulgar wheat
Pudding	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis
Tea	Crumpets	Tomato Pasta	Cream Cheese & Cucumber Sandwiches. Cheddar and Tomato Sandwiches	Chicken and roasted pepper sandwiches	Pizza with carrot batons

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Creamy butternut squash pasta with a cucumber and sweetcorn salad	Katsu chicken curry with mixed vegetable rice	Sweet Moroccan lamb with a coriander and lemon cous cous and a grated carrot & sultana salad	Home made beefburger served with a sweetcorn and tomato salsa and potato wedges	Bengali fish curry with vegetable rice
Pudding	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis
Tea	Crumpets	Tomato Pasta	Cream Cheese & Cucumber Sandwiches. Cheddar and Tomato Sandwiches	Chicken and roasted pepper sandwiches	Pizza with carrot batons

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Broccoli and spinach pesto pasta with a pepper and tomato salad	Valencian chicken with pea and bean bulgar wheat	Turkey goujons with parmesan and thyme crusts, sweet potato mash and a radish carrot and cucumber salad	Green lentil and cannellini bean goulash with lemon and herb cous cous	Herby noodles with salmon and stir fried vegetables
Pudding	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis	Yoghurt & Berry Coulis
Tea	Crumpets	Tomato Pasta	Cream Cheese & Cucumber Sandwiches. Cheddar and Tomato Sandwiches	Chicken and roasted pepper sandwiches	Pizza with carrot batons

