



Week Commencing  
22/03/2021 and  
19/04/2021

# SPRING MENU

*Week 3*



## Main *fresh flavours*

MON	TUE	WED	THU	FRI
Bolognese beef pasta bake with creamy cheddar topping and garlic bread (G,So,Mk)	Slow cooked Jamaican jerk pork with sweet potato coconut rice and peas	Peri Peri marinated chicken thighs with lemon mayonnaise and red coleslaw in a torpedo roll (G,Mu,Mk,E)	Classic beef burger served in a sesame seed bun with mayonnaise, shredded iceberg, fried onions and oven chips (G,Su,E,Ce)	Batter crisp Pollock fillet or jumbo fish finger bap with chips, peas, Tartare sauce and lemon wedges (G,Su,F,E)

## Veggie *meat free feasts*

Vegan Tandoori cauliflower with tika dhal & naan bread (G,Mk,Ce)	Layered roasted vegetable, tomato Enchilada pie (G,Mk)	Sweet potato Feta & spinach puff pastry pie with roast potatoes & sticky carrots (G,Mk,E)	Spanish omelette with potatoes, cheddar and peas, served with Autumn greens (Mk,E)	Chinese vegetable spring rolls with sweet chilli & coriander sauce & spring onion rice (G,So,Mk)
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## Global *a world of flavour*

Quarter Pounder Burger with relish and onions (G,Su,Mu,Mk)	Chow Mein noodles with sweet and sour chicken (G,So,Mu,E,Ce)	Home Baked Nachos with cheddar and sour cream (Mk,G)	Classic Sausage roll (G,Su,E)	Chinese chip shop curry over chips (G,So,Mu)
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## Hot Sandwich *hot hot hot*

12 inch Mozzarella and Tomato pizza slice (G,So,Mk)	Ham and cheese panini (Mk,G)	Tomato and parmesan Pasta with garlic bread (G,E,Mk)	12 inch Mozzarella and Tomato pizza slice (G,So,Mk)	Mexican chicken panini (G,Mk,Su,Mu,So)
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## Pudding *sweet treat*

Nutless Bakewell tart with custard (G,Mk,E)	Steamed strawberry jam sponge pudding (G,Mk,E)	Italian tiramisu (G,Se,Mk)	Banana and chocolate crumble with custard (G,So,Mk)	Lemon meringue pie (G,Su,Mk,E)
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Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

**well seasoned.**  
*perfectly picked ingredients, cooked from scratch*

*January*  
**LEEKs**  
THEME DAYS  
AUSTRALIA DAY 26<sup>TH</sup> JAN

*February*  
**PARSNIPS**  
THEME DAYS  
CHINESE NEW YEAR 11<sup>TH</sup> FEB

*March*  
**SPINACH**  
THEME DAYS  
PIE WEEK 8<sup>TH</sup> - 11<sup>TH</sup> FEB

*April*  
**NEW POTATOES**  
THEME DAYS  
ST GEORGES DAY 23<sup>RD</sup> APR

Main meal with a home bake or fruit bag for £2.30

