OUT NEW SPRING/SUMMER 2017 MENU

Mondau

Local Pork & Apple Burger in a Wholemeal Bun

Southern Style Quorn Burger in a Wholemeal Bun

> Seasonal Vegetables Baked Beans Fresh Salad Bar

Apple & Raspberry Sponge with Lemon Icing

Fresh Fruit Salad

Wednesdau

Beef Cottage Pie

Roasted Tomato & Pepper Tar Seasonal Vegetables Fresh Salad Bar

Carrot Cake with Orange Buttercream Topping

Fresh Fruit Salad

Friday

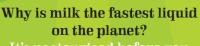
Baked Fish Fillet in Batter & Chips

> Crunchy Vegetable Fingers & Chips

Seasonal Vegetables Baked Beans Fresh Salad Bar

Cocoa Beetroot Brownie

Fresh Fruit Salad



It's pasteurised before you can see it

What do you call the opposite of a hot pepper? A little chilli



Week One commencing:

18th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October

Tuesday

Sweet & Sticky Chicken Noodles

Margherita Flatbread Pizza with Herby Diced Potato

> Seasonal Vegetables Fresh Salad Bar

Light Chocolate Mousse & Biscuit

Fresh Fruit Salad

Thursday

Honey Roast Gammon, Roast Potatoes & Gravy

Quorn Roast, Roast Potatoes & Gravy

Seasonal Vegetables Fresh Salad Bar

100% Real Fruit Juice Ice Lolly

Fresh Fruit Salad

Mondau

Baked Suffolk Sausages, Mashed Potato & Gravy

Vegetarian Sausages, Mashed Potato & Gravy

Seasonal Vegetables Fresh Salad Bar

Apple, Pear & Cherry Crumble with Custard

Fresh Fruit Salad

Wednesday

Shepherds Pie Topped with Cheesy Potatoes

Vegetable Sheperdess Pie

Seasonal Vegetables Fresh Salad Bar

Toffee Apple Squares with Toffee Sauce

Fresh Fruit Salad

Friday

Breaded Salmon Fillet or Fish Fingers with Chips

or Quorn Frankfurter Hotdog & Chips

Seasonal Vegetables Fresh Salad Bar Chocolate & Coconut Flapjack Fresh Fruit Salad



How does a train eat? It goes

Available everu dau -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations. For information on Allergens & Intolerances visit www.eats-catering.co.uk

Week 2

Week Two commencing:

24th April, 15th May, 12th June, 3rd July, 4th September, 25th September, 16th October

Tuesdau

Chicken & Sweetcorn Wholemeal Pasta

Quorn, Tomato & Vegetable Spaghetti

Seasonal Vegetables Fresh Salad Bar

Swiss Iced Bun

Fresh Fruit Salad

Thursday

Roast Loin of Pork, Roast Potatoes, Stuffing & Gravy

Cauliflower & Sweet Potato Gratin

Seasonal Vegetables Fresh Salad Bar

Cowbou Cookie & Fruit Juice Drink

Fresh Fruit Salad



Mondau

Danish Beef Meatballs in Sweet Onion Gravy with Crispy Potatoes Or

BBQ Glazed Quorn Fillet with Crispy Potatoes

Seasonal Vegeatbles Fresh Salad Bar

Jam Roly Poly with Custard

Fresh Fruit Salad

wednesdau

Leek & Ham Tagliatelle Pasta

Macaroni Cheese & Butternut Squash Bake with Crunchy Topping

> Garlic Bread Seasonal Vegetables Fresh Salad Bar

> > Lemon & Mandarin Mousse Cake

Fresh Fruit Salad

Friday

Baked Fish Fillet in Batter & Chips

Cheese & Tomato Pizza Wheel

Seasonal Vegetables Baked Beans Fresh Salad Bar

Chocolate Banana Cake with Chocolate Sauce

Fresh Fruit Salad

week 3

Week Three commencing:

2nd May, 22nd May, 19th June, 10th July, 11th September, 2nd October

Tuesdau

Mild Chicken Korma Curry

Mild Sweet Potato & Chickpea Korma

Fluffy Vegetable Rice & Pitta Bread Fresh Salad Bar

> Summer Fruit Pie with Vanilla Ice Cream

Fresh Fruit Salad

Thursday

Roast Chicken, Roast Potatoes & Gravy

Vegetarian Toad-in-the-Hole & Gravy

> Seasonal Vegetables Fresh Salad Bar

Sticky Cornflake Tart

Fresh Fruit Salad

Why do bananas wear sun lotion?

What do you call a shoe made from a banana? A slipper

Where do hamburgers go to dance? The meat ball





















