

Week 1

# Summer Menu



deliciously good food.

At the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who cares!

every week!

Look out for our

★ **Theme Bars** ★

JACKET POTATOES  
WITH ALL THE BEST TOPPINGS!



**SALAD BAR**

Fresh every day packed with tasty choices!

**MEAL DEAL**

Check out what's on offer today!  
Available for Free School Meals

**ALLERGENS**  
*we're allergy aware!*

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

Speak to one of our chefs if you have any allergies.

Mon

Tue

Wed

Thu

Fri

★ **MASALA MOMENTS** ★

★ **SOUTH AMERICAN CARNIVAL** ★

★ **FISH & CHIP SHOP** ★

Kung Pao Chilli Pork Stir Fry with Peppers (G,So,Mu,Ce)

Noodles (E,G)

Garlic and Chili Roasted Greens

Kung Pao Quorn Chilli Stir Fry with Pepper (G,So,Mu,E,Ce)

Noodles (E,G)

Garlic and Chili Roasted Greens

Keralan Chicken Curry  
Spicy Indian Rice  
Mango Chutney

West Indian Spiced Tofu and Aubergine Curry (G,So,Mk)

Spicy Indian Rice  
Mango Chutney

**Extras**  
Onion Bhaji (G)  
Vegetable Samosa (G)

**£0.75**

Pulled pork Tinga  
Tortilla with Sour Cream (G,Su,Mu,Mk,E)  
Pepper, Lime and Spring Onion Rice  
Collard Greens

Feijoada Brazilian Black Bean Stew (Su)

Pepper, Lime and Spring Onion Rice  
Collard Greens

**Extras**  
Cajun Corn on the Cob (Mu)

**£0.75**

Classic Italian Slow Cooked Beef Lasagne (G,Mk,E)  
Served with Chef's Seasonal Salad  
Garlic Bread (G,Mk,So)

Mediterranean Roasted Vegetable Lasagne (G,Mk,E)

Served with Chef's Seasonal Salad  
Garlic Bread (G,Mk,So)

Battered Fish Fillet (G,F)  
Oven Baked Chips

Margherita Pizza (G,Mk)  
Oven Baked Chips

Garden Peas  
Baked Bean  
Chunky Tartare Sauce (Su,E)  
Lemon

**Extras**  
Buttered Rolls (G,Se,Mk),  
Pickled Gherkins (Su)

**£0.50**



From £2.30

**MAINS**

*Fresh Flavours*

From £2.30

**GLOBAL EATS**

**MONDAY**

Jumbo Hot Dog with BBQ Sauce and Sweet Potato Crisps (G,Su,Se,Mu)

**TUESDAY**

Love Joes - Bombay Burrito with Indian Chicken (G,Mu,Mk,E)

**WEDNESDAY**

Veg Curry, Rice, strip Naan Bread (So,G)

**THURSDAY**

Pulled BBQ Pork, Pitta & salad (G)

**FRIDAY**

Flamin Fish Burger (G,So,Se,F,E)

From £2.20

**PASTA BAR**

**SERVED EVERYDAY**

Freshly Cooked Pasta

Daily menus include;

Slow Cooked Beef Bolognaise (G)  
Tomato and Basil (G)  
or  
Mac 'n' Cheese (G,Mk)

**Extras**

Home baked Garlic Bread (G,So,Mk)  
Cheese (Mk)

**£0.50**

From £1.00

**DESSERT**

**MONDAY**

Apple Crumble with Custard (G,Mk)

**TUESDAY**

Spotted Dick Pudding with Vanilla Custard (G,So,Mk,E)

**WEDNESDAY**

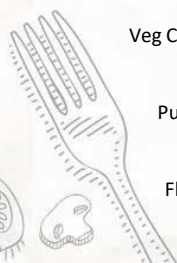
Cornflake Tart (G,Mk,E)

**THURSDAY**

Jam and Coconut Sponge with Custard (G,Mk,E)

**FRIDAY**

Carrot Cake (G,E,Mk)




Week 2

# Summer Menu



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Mon	Tue	Wed	Thu	Fri
 <p><b>From £2.30</b></p> <p><b>MAINS</b></p> <p><i>Fresh Flavours</i></p>	<p><b>BURGER BAR</b></p> <p>Quarter Pounder Beef Burger Served in a Bun <b>(G,Se)</b> Oven Chips</p> <p>Falafel Burger Served in a Bun <b>(G,Se)</b> Oven Chips</p> <p>Add Mayonnaise <b>(E)</b> Shredded Iceberg, Fried Onions, Ketchup</p> <p><b>Extras</b> Onion Rings <b>£0.75</b></p>	<p><b>CARIBBEAN</b></p> <p>Jamaican Chicken and Pineapple</p> <p>Coconut Rice and Peas <b>(Su)</b> Caribbean Coleslaw <b>(So,Mk,E)</b></p> <p>Tofu and Mango Jamaican Stew <b>(So,Mk)</b></p> <p>Coconut Rice and Peas <b>(Su)</b> Caribbean Coleslaw <b>(So,Mk,E)</b></p>	<p><b>FISH &amp; CHIP SHOP</b></p> <p>Butchers Pork Sausages Creamy Mash Potato Gravy <b>(G, MK,Su)</b></p> <p>Green Beans Fried Onions</p> <p>Veggie Sausages Creamy Mash Potato Gravy <b>(G,MK,E,Su,So)</b></p> <p>Green Beans Fried Onions</p>	<p>Battered Fish Fillet <b>(G,F)</b> Oven Baked Chips</p> <p>Margherita Pizza <b>(G,Mk)</b> Oven Baked Chips</p> <p>Garden Peas Baked Bean Chunky Tartare Sauce <b>(Su,E)</b> Lemon</p> <p><b>Extras</b> Buttered Rolls <b>(G,Se,Mk)</b>, Pickled Gherkins <b>(Su)</b> <b>£0.50</b></p>
	<p>Sticky BBQ Chicken Coleslaw Potato Wedges <b>(Su,E)</b></p> <p>Peri Peri Cauliflower Steaks Coleslaw Potato Wedges <b>(Su,E)</b></p>			

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**From £2.30**

**GLOBAL EATS**

**MONDAY**

Korean Meatballs with Noodles **(G,So,Se,E)**

**TUESDAY**

Love Joes – Tandoori Chicken Pitta and Salad **(G,So,Mk,E)**

**WEDNESDAY**

Onion Bhaji Burger **(G,Mk,E)**

**THURSDAY**

Halloumi Burger & Salad **(G,Mk)**

**FRIDAY**

Fish Finger Bap & Chips **(F,G)**

**From £2.20**

**PASTA BAR**

**SERVED EVERYDAY**

Freshly Cooked Pasta

Daily menus include;

Slow Cooked Beef Bolognaise **(G)**  
Tomato and Basil **(G)**  
or  
Mac 'n' Cheese **(G,Mk)**

**Extras**

Home baked Garlic Bread **(G,So,Mk)**  
Cheese **(Mk)**

**£0.50**

**From £1.00**

**DESSERT**

**MONDAY**

Eve's Pudding with Custard **(G,MkE)**

**TUESDAY**

Banoffee Pie **(G,So,Mk)**

**WEDNESDAY**

Jamaican Ginger Cake with Caramel Sauce **(G,Mk,E)**

**THURSDAY**

Baked Lemon Pudding with Vanilla Sauce **(G,E,Mk)**

**FRIDAY**

Chocolate Sponge with Chocolate Sauce **(G,E,Mk)**




Week 3

# Summer Menu



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	<b>TASTE OF AFRICA</b>	<b>ASIAN FLAVOURS</b>		<b>FISH &amp; CHIP SHOP</b>
 <p><b>From £2.30</b></p> <p><b>MAINS</b></p> <p><i>Fresh Flavours</i></p>	Beef curry with Raisin and Apricots (G,Su,So,E)	Crispy Asian Sweet Chilli Chicken (G,So,E) Coriander Steamed Rice	Cheesy Cottage Pie (Mk,G)	Battered Fish Fillet (G,F) Oven Baked Chips
	Jollof Rice Tikel Gomen – Flavour Packed Ethiopian Cabbage, Carrots and Potatoes	Shredded Asian Slaw (Su,So,Se)	Gravy	Margherita Pizza (G,Mk) Oven Baked Chips
	Green Beans	Tofu and Mushroom Mapo Stir Fry (G,So,Mu)	Carrots and Cabbage	Garden Peas Baked Bean Chunky Tartare Sauce (Su,E) Lemon
	Katsu Breaded Chicken Steamed Rice Katsu Curry Sauce (G,So,E)	West African Chickpea and Kale Curry (Mk)	Veggie Cottage Pie (Mk,G,So)	<b>Extras</b> Buttered Rolls (G,Se,Mk), Pickled Gherkins (Su) <b>£0.50</b>
	Katsu Breaded Sweet Potato Steamed Rice Katsu Curry Sauce (G,So,E)	Jollof Rice Tikel Gomen – Flavour Packed Ethiopian Cabbage, Carrots and Potatoes	<b>Extras</b> Spring Rolls (G,So,Mk,E,Ce) <b>£0.75</b>	Carrots and Cabbage
Green Beans				

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**From £2.30**

**GLOBAL EATS**

**MONDAY**

Veggie Hot Dog with Salad (G,Su,So)

**TUESDAY**

Homemade Vegetable Samosa with Rice & curry sauce (G,Su,Mk,E)

**WEDNESDAY**

Minced Beef Keema Curry with Peas and Rice (G,So)

**THURSDAY**

Singapore Noodles with Chicken Teriyaki (G,Su,So,E)

**FRIDAY**

Flamin Fish Burger (G,So,Se,F,E)

**From £2.20**

**PASTA BAR**

**SERVED EVERYDAY**

Freshly Cooked Pasta

Daily menus include;

Slow Cooked Beef Bolognaise (G)  
 Tomato and Basil (G)  
 or  
 Mac 'n' Cheese (G,Mk)

**Extras**

Home baked Garlic Bread (G,So,Mk)  
 Cheese (Mk)  
**£0.50**

**From £1.00**

**DESSERT**

**MONDAY**

Lemon Drizzle Cake (G,E)

**TUESDAY**

Sticky toffee pudding and custard(G,E,MK)

**WEDNESDAY**

Apple Pie with Shortcrust Pastry and Custard (G,E,Mk)

**THURSDAY**

Rhubarb and Custard Cake (G,Mk,E)

**FRIDAY**

Chocolate Brownie & Ice Cream (G,Su,Mk,E)

