## Primary Summer Menu 2022

| Week One <br> 25.04.22 <br> 16.05.22 <br> 13.06.22 04.07.22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main | Pork Sausage Pasta Ragu | Ham and Cheese Panini | Roasted Chicken | Chicken Pilau Rice, Mint Dressing and Mini Naan | Fish, Chips and Beans |
| Vegetarian | Tomato and Cannellini Bean Pasta | Cheese and <br> Pineapple Toasted <br> Sandwich | Broccoli, Tomato and Cheddar Quiche | Butternut Squash and Garden Pea Pasta | Cheddar and Spring Onion Quesadilla with Salad |
| Garnish | Garlic Bread Crispy Salad Grated Cheese | Tomato and Cucumber Salad Cheese | Roast New Potatoes Cabbage, Carrots and Gravy | Chopped Salad, Wholemeal Croutons | Ketchup or Mayonnaise |
| Dessert | Frube Yoghurt | Apple Cake | Strawberry Jelly | Strawberry and Apple Crumble with Custard | Fresh Fruit Selection |

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert
Jacket potato with cheese and beans available each day. Wholemeal bread available daily.
Choice of fruit or yoghurt available as an alternative to the dessert.

## Primary Summer Menu 2022

| Week two <br> 0.25 .22 <br> 23.0522 <br> 20.06 .22 <br> 11.07 .22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :--- | :--- | :--- | :--- | :--- |
| Main | Pork and Apple <br> Burger | Fish Cakes | Slow Roasted Pork <br> Shoulder with <br> Crackling | Macaroni Cheese | Hand-rolled <br> Margherita Pizza |
| Vegetarian | Veggie Burger | Veggi Sausages | Cheesy Broccoli <br> and Cauliflower <br> Bake | Veggie Macaroni <br> Cheese | Hand-rolled <br> Margherita Pizza |
| Garnish | Chips, Tomato <br> Ketchup and <br> Sweetcorn | Potato Wedges, <br> Peas and Ketchup | Roasted New <br> Potatoes, Cabbage, <br> Carrots and Gravy | Salad \& Garlic <br> Bread | Potato Salad, <br> Lettuce and <br> Tomatoes |
| Dessert | Frube Tube | Apple Crumble with <br> Custard | Butterscotch <br> Mousse | Jam \& Coconut <br> Sponge | Fresh Fruit <br> Selection |

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert
Jacket potato with cheese and beans available each day. Wholemeal bread available daily.
Choice of fruit or yoghurt available as an alternative to the dessert.

Primary Summer Menu 2022

| Week Three <br> 09.05.22 <br> 06.06.22 <br> 18.07.22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main | Fish Fingers | Ham and Cheese Panini | Roasted Chicken | Mild, Creamy Chicken and Vegetable Korma | Hand-rolled <br> Peperoni Pizza with Garlic Oil |
| Vegetarian | Cheddar, Broccoli and Tomato Quiche | Cheese and Tomato Panini | Roasted Mediterranean Vegetable Quiche | Butternut Squash and Chickpea Curry | Cheddar and Spring Onion Quesadilla |
| Garnish | Chips and Peas | Potato Wedges, Peas and Sweetcorn | Roast New Potatoes Broccoli, Carrots and Gravy | Two Tone Rice Mint Dressing | Fresh Potato and Spinach Salad |
| Dessert | Frube Tube | Bramble Crumble with Custard | Strawberry Jelly | Flapjack | Fresh Fruit Selection |

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert
Jacket potato with cheese and beans available each day. Wholemeal bread available daily.
Choice of fruit or yoghurt available as an alternative to the dessert.

## Primary Summer Menu 2022

## Allergen information

| Menu Item | Celery | Gluten | Crustaceans | Egg | Fish | Lupin | Milk | Molluss | Mustard | Peanuts | Sesame | Soy | Sulphur Dioxide / Sulphites | Nuts |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Jacket Potato, Cheese and Beans |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Jacket Potato, Tuna Mayonnaise, |  |  |  | X | X |  |  |  |  |  |  |  |  |  |
| Cheese burger, veggi burger. Tomato and sweetcorn relish, veggi sticks \& Ketchup |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hand-rolled Margherita (or Pepperoni or Hawaiian) Pizza with Garlic Oil, \& little Gems |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Fish Finger Butty, Ketchup |  | X |  |  | X |  |  |  |  |  |  |  |  |  |
| Roast Dinner (pork, beef \& turkey) gravy, vegetables, and roast potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot dogs, chips and BBQ sauce |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Chicken, sweetcorn and Tomato Pasta or Tomato\& cheese pasta. chopped salad, garlic Bread |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Cottage Pie \& Gravy |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Bubble \& Squeak \& Gravy |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Mini yorkshire puddings |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Chicken faitja and mayo |  | X |  | X |  |  |  |  |  |  |  |  |  |  |
| Veggi Faitja and mayo |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Tomato and Cumber Greek Salad |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Cauliflower Cheese, Glazed Carrots and Broccoli |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Sausage and Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mash potato |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Veggi sausage | X |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Meaty Mac or Macaroni Cheese, Broccoli and French Beans | X | X |  | X |  |  |  |  |  |  |  |
| Chocolate Shortbread | X |  |  | X |  |  |  |  |  |  |  |
| Flapjack |  |  |  |  |  |  |  |  |  |  |  |
| Chips | X |  |  |  |  |  |  |  |  |  |  |
| Banana Cake | X | X |  |  |  |  |  |  |  |  |  |
| Angel delight | X |  |  | X |  |  |  |  |  |  |  |
| Carrot Cake | X | X |  | X |  |  |  |  |  |  |  |
| Honey Cake | X | X |  |  |  |  |  |  |  |  |  |
| Strawberry \& Orange Jelly |  |  |  |  |  |  |  |  |  |  |  |
| Orange Cake | X | X |  | X |  |  |  |  |  |  |  |
| Fresh Fruit |  |  |  |  |  |  |  |  |  |  |  |
| Fruit Yoghurt |  |  |  | X |  |  |  |  |  |  |  |
| Cheese Sandwich | X |  |  | X |  |  |  |  | X |  |  |
| Ham Sandwich | X |  |  |  |  |  |  |  | X |  |  |
| Tuna Sandwich | X |  | X |  |  |  |  |  | X |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |
| Spaghetti hoops | X |  |  |  |  |  |  |  |  |  |  |

The 14 allergens are: celery, cereals containing gluten (such as barley and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million) and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

