All our fish is natural whole fillet and although great care

has been taken to remove all bones, some may remain



# Weekly Menu

# Week one

Warwickshire Coventry: 05/05 02/06 23/06 14/07 08/09 29/09 20/10 Oxfordshire: 05/05, 02/06, 23/06, 14/07, 08/09, 29/09, 20/10

Choose a main meal

Melting Pork Meathall Pasta Bake with Cheese served with Crusty Bread (G.D)

(v)(h) Vegetable Enchilada (Wrap filled with vegetables, sprinkled with cheese) served with Herby Diced Potatoes (G.D)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans

(v) Cheddar Cheese Bap (G.D)

Choose a main meal....

(h) Chicken Curry (mildly spiced) served with

(v) Cheese and Tomato Pizza Wedge served with Potato Wedges (G.D)

Jacket Potato + (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans British Roast Chicken Bap (G)

Choose a main meal WEDNESDAY ROAST British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Classic Quorn Roast in Gravy with (v) Yorkshire Pudding (D.E.G) Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans Tuna Mayonnaise Bap (F.E.G)

Choose a main meal...

(vg) Crispy Quorn Dippers in a Wrap with Tomato Salsa served with Crispy Diced Potatoes (G)

(v)(h) Cheese and Potato Pasty served with Crispy Diced Potatoes (G.D.E)

Jacket Potato - (v) Cheese (D) or (vg) Baked Beans

British Ham Bap (G)

Choose a main meal... FISHY FRIDAY (msc) Battered Fish Fillet (G.F) served with Chipped Potatoes

(v)(h) Texan Sausage & Bean Bake (with Baked Beans) served with Garlic bread Roll (G.D)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans Egg Mayonnaise Bap (G.E)

## MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.) (v) Yoghurt (D SB)

### TUESDAY

On the side

Fresh Fruit

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) Chocolate Cracknel (G) (v) Yoghurt (D.SB) Fresh Fruit

#### WEDNESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert

(v)(h) Raspberry & Apple Sponge with Custard (D.G.F.) (v) Yoghurt (D.SB) Fresh Fruit

#### **THURSDAY**

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) Melting Moment Biscuit (G.SU) (v) Yoghurt (D.SB) Fresh Fruit

#### FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans For dessert...

(vg) Jelly with Fruit (v) Yoghurt (D.SB) Fresh Fruit

Warwickshire Coventry: 12/05 09/06 30/06 15/09 06/10 Oxfordshire: 21/04, 12/05, 09/06, 30/06, 21/07, 15/09, 06/10

Choose a main meal

(h) Moroccan Chicken Pasta (Mildly Spiced) served with Freshly Baked Malted Wheat On the side... Baquette (G)

(vg) Breaded Golden Vegetable Fingers served with Crispy Diced Potatoes (G)

Jacket Potato - (v) Cheese (D) Tuna (F.E) or (vg) Baked Beans (v) Cheddar Cheese Bap (G.D)

Choose a main meal

(v)(h) Rustic Pizza Wedge served with Crispy Diced Potatoes (G.D.SB)

(v)(h) Roasted Vegetable Frittata (omelette) served with Crispy Diced Potatoes (D.E)

Jacket Potato - (v) Cheese (D) or (vg) Baked Beans British Roast Chicken Bap (G)

Choose a main meal... WEDNESDAY ROAS British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Classic Quorn Roast in Gravy with Sage and Onion Stuffing (G) Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans

Tuna Mayonnaise Bap (F.E.G)

Choose a main meal

British Pork Sausages served with Mashed Potatoes (G.SU.SB.D)

(v) Sweet 'n' Sour Quorn served with Rice (E)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans

British Ham Bap (G)

Choose a main meal... FISHY FRIDAY (msc) Salmon Fish Cake served with Chipped Potatoes (G.F)

(vg) ) Plant power Burger in a Bun served with Chipped Potatoes (G)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans MONDAY

Fresh Salad Bar Vegetables of the Day

For dessert...

(vg)(h) Flapiack (G) (v) Yoghurt (D.SB) Fresh Fruit

TUESDAY

On the side Fresh Salad Bar Vegetables of the Day

For dessert...

(vg)(h) Shortbread (G) (v) Yoghurt (D.SB) Fresh Fruit

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) Ice Cream (D) (v) Yoghurt (D.SB) Fresh Fruit

#### **THURSDAY**

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) Peach Melba Sponge (G.E) (v) Yoghurt (D.SB) Fresh Fruit

FRIDAY

On the side... Fresh Salad Bar Peas or Baked Beans

For dessert...

(vg) Jelly with Fruit (v) Yoghurt (D.SB) Fresh Fruit

## Week three

Warwickshire Coventry: 28/04 19/05 16/06 07/07 01/09 22/09 13/10 Oxfordshire: 28/04, 19/05, 16/06, 07/07, 01/09, 22/09, 13/10

Choose a main meal

(v) Cheese and Tomato Pizza Wedge served with Seasoned Potato Wedges (G.D)

(vg)(h) Quorn and Bean Tostada (Toasted Tortilla topped with Quorn Pieces and Kidney beans mildly spiced) served with Seasoned Potato Wedges (G)

Jacket Potato - (vg) Cheese (D) or (vg) Baked Beans

(v) Cheddar Cheese Bap (G.D)

Choose a main meal

(h) British Beef Bolognaise served with Garlic Bread (G/ cheese D) (vg) Plant Power Hotdog served with

Herby Diced Potatoes (G) Jacket Potato - (v) Cheese (D).

Tuna (F.E) or (vg) Baked Beans

British Roast Chicken Bap (G) .

Choose a main meal WEDNESDAY ROAST British Roast Pork Slice, Apple Sauce and

(vg) Classic Quorn Roast with Gravy (G) Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (vg) Baked Beans

Tuna Mayonnaise Bap (F.E.G)

Choose a main meal...

Beef Burger in a Bun served with Crispy Diced Potatoes (G.SB.SU)

(vg)(h) Chunky Vegetable Curry served with Rice

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans (British Ham Bap (G)

Choose a main meal... FISHY FRIDAY (msc) Fish Fillet Fingers (G.F) served with Chipped Potatoes

(v)(h) Tomato Pasta Bake served with Freshly Baked Malted Wheat Baquette (G.D)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (vg) Baked Beans

Egg Mayonnaise Bap (G.E)

#### MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert

(v)(h) Crunch Cookie (G) (v) Yoghurt (D.SB)

Fresh Fruit

THESDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) Lemon / Orange Drizzle Cake (G.E) (v) Yoghurt (D.SB) Fresh Fruit

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) Strawberry Whip with Fruit (D) (v) Yoghurt (D.SB)

Fresh Fruit

**THURSDAY** 

On the side... Fresh Salad Bar

Vegetables of the Day

For dessert...

(v)(h)Chocolate Frosted Sponge (G.E.D) (v) Yoghurt (D.SB) Fresh Fruit

FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans

For dessert...

(v) Ice Cream (D) (v) Yoghurt (D.SB) Fresh Fruit

Egg Mayonnaise Bap (G.E)

ALLERGEN KEY Vg = Vegan V = Vegetarian

G = Gluten / Wheat C = Celery S = Sesame

F = Fish M = Mustard E = Egg SU = Sulphites SB = Sova





Please contact your school cook for information regarding the content of dishes and products on our menu