





# Spring 2020 Egg free Menu

Paid meals are £2.40

## Week One

Weeks beginning

24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning

2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning

9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Monday



**Meat: Handmade beef burger in a bun**

**Veg: Meat free burger**

**With: Potato slices and sweetcorn**

**Dessert: Free from cake**

**Meat: Hotdog in a roll**

**Veg: Meat free sausage in a roll**

**With: Potato slices and sweetcorn**

**Dessert: Free from cake**

**Meat: BBQ Chicken**

**Veg: meat free BBQ chicken**

**With: Potato slices and sweetcorn**

**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**

**Veg: Cheese and potato pie**

**With: French bread**

**Dessert: Free from cake**

**Meat: Beef chow Mein rice Noodles**

**Veg: Vegetable chow Mein Rice noodles**

**With: prawn crackers, raw peppers and carrots**

**Dessert: Free from cake**

**Meat: Love food breakfast**

**Veg: Vegetable breakfast**

**With: Hash brown and beans**

**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**

**Veg: Vegetable casserole**

**With: Roasts, ff Yorkshire, Green beans & Carrots**

**Dessert: Various biscuits**

**Meat: Roast Chicken**

**Veg: Cauliflower cheese bake**

**With: Roasts, ff Yorkshire, Green beans & Carrots**

**Dessert: Various biscuits**

**Meat: Roast Pork**

**Veg: Falafel**

**With: Roasts, ff Yorkshire, Green beans & Carrots**

**Dessert: Various biscuits**

Thursday



**Meat: Meatball pasta**

**Veg: Tomato and butternut squash pasta**

**With: Garlic bread and mixed salad**

**Dessert: Melon and pineapple slices**

**Meat: Rigatoni bolognaise mozzarella bake**

**Veg: Rigatoni with tomato and mozzarella**

**With: Garlic bread and mixed salad**

**Dessert: Melon and pineapple slices**

**Meat: Macaroni cheese with ham**

**Veg: Macaroni cheese**

**With: Garlic bread and Mixed salad**

**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**

**Veg: Cauliflower cheese grill**

**With: Oven baked chips and peas**

**Dessert: Free from cake**

**Meat: Fish fingers**

**Veg: Fishless fingers**

**With: Oven baked chips and peas**

**Dessert: Free from cake**

**Meat: Cod cake**

**Veg: Chicken style nuggets**

**With: Oven baked chips and peas**

**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable

Lunch box option

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and biscuits, popcorn, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna ff mayo, and salad.

Everyday items

Milk, Water, Bread, Yoghurts and fruit are available every day.

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*Love Food*