

Week 1

Meat Free Monday

Pizza Day

Cheese and Tomato; Cheese, Tomato and Pesto Rainbow Pizza
or
Rainbow Pasta Salad, Garden Salad (v)
Salad Bar

Fish Sticks or Falafel Tortilla Wrap
Served with Pasta salad and
Vegetable Sticks

Red Velvet Slice

Tuesday

Sticky Honey Sausages
or
Sticky Quorn Sausage (v)
with
New Potatoes/Mash Potatoes Sweetcorn
Salad Bar

Wholemeal Sub Roll filled with Cream cheese
and cucumber or Ham & Cream Cheese served with Mixed
Salad and Vegetable Sticks

Lime Jelly and Cream

Wednesday

Local Butcher's Roast Chicken, Sage & Onion Stuffing, Gravy
or
Vegetable Strudel (v)
with
Roast Potatoes, Carrots, Green Beans
Salad Bar

Fruit Platter

Thursday

Chicken Fajitas
or
Vegetarian Quorn balls served in a Tortilla Wrap
with Tomato Salsa (v)
with
Savoury Rice, Peas
Salad Bar

Pasta Bowl topped with BBQ Chicken or
Tuna and Lemon Mayonnaise

Apple Shortcake and Ice Cream

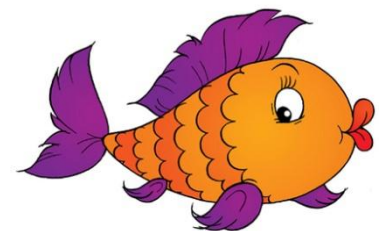
Fish Friday

Omega 3 Fish Fingers
or
Vegetarian Nuggets (V)
With Chips and Baked Beans
Salad Bar

Oaty biscuit served with and Orange wedge and a glass of ice cold Milk



Milldene Food Hub



Fresh bread & fresh fruit, milk and juice are available daily



Week 2

Meat Free Monday

Jacket Potato with Tuna Mayo, Cheese, Baked Beans

or

Quorn Bolognaise (v)

with Mixed Seasonal Salad (Lettuce, Cucumber,
Tomatoes & Peppers)

Salad Bar

or

Falafel or Egg Mayonnaise Tortilla Wrap
served with Pasta Salad and Vegetable Sticks

Apple Shortcake

Tuesday

Crispy Polenta Chicken

or

Stuffed Peppers with Moroccan Couscous (v)

Rainbow Pasta with Smoky Tomato Sauce

With Sweetcorn and Red Pepper Salad

Salad Bar

or

Wholemeal Sub Roll filled with Crispy Bacon or Tuna Crunch
Served with Mixed Salad and Vegetable Sticks

Angel Delight Topped with Fresh Fruit

Wednesday

Local Butcher's Roast Pork served with Sage & Onion Stuffing, Gravy

or

Spinach and Potato Bake (v)

with Roast Potatoes, Cauliflower, Green Beans

Salad Bar

Summer Fruit Platter

Thursday

All Day Breakfast Bap (sausage, bacon and egg served
in a floured bap)

or

Vegetarian sausage and egg served in a floured bap (v)

Baked Beans, Tomatoes, Mushrooms

or

Salad Bar

or

Pasta Bowl topped with Ham and Pineapple or Cheese and Chives

Summer Fruits served with Artic Roll

Fish Friday

Crispy Fish Sticks

or

Tomato and Red Onion Tart (v)

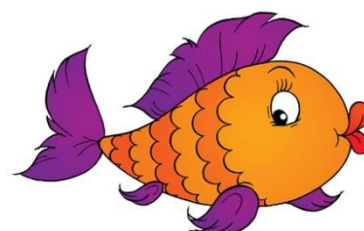
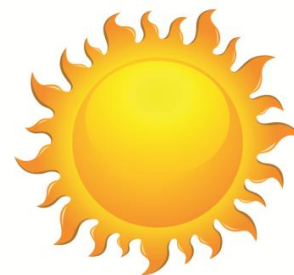
Salad Bar

Peach Melba Sponge Tray Bake

Fresh bread & fresh fruit, milk and juice are available daily



Milldene Food Hub



Week 3

Meat Free Monday

Cheese and Baked Bean Plait
with
Oven Baked Wedges and Florida Coleslaw
Salad Bar
or
Pasta Bowl topped with Egg and Cress or Tuna and Red Pepper

Blueberry and Lemon Tray Bake

Tuesday

Local butcher's Beef Burger in a bun with Onions
or
Vegetable Burger (v)
With
Dry baked Tiger wedges and American Coleslaw

Salad Bar
or
Ham or Falafel Tortilla Wrap served with Pasta Salad and Vegetable Sticks

Eton Mess

Wednesday

Summer Local Butcher's Roast Gammon
or
Roasted Quorn fillet (v)
with
Crushed New Potatoes, Sweetheart Cabbage and Carrots

Salad Bar

Chocolate Berry Cookie

Thursday

Homemade Minced Beef Lasagne
or
Cheese and Broccoli Bake (v)
with Garlic Bread and Salad Bar
or

Wholemeal Sub Roll with Crispy Fish Sticks or Chicken served
with Mixed Salad and Vegetable Sticks

100% Fruit Lolly

Friday

Local Butcher's Sausage
or
Linda McCartney Sausage (V)

Chips, Baked Beans, Garden Peas
Salad Bar

Milkshake Jelly



Milldene Food Hub



Fresh bread & fresh fruit, milk and juice are available daily

