**Weeks Commencing – 15/4, 6/5, 3/6, 24/6, 15/7**

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| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Protein Based** | Greek Meatballs in Sweet Pepper Sauce & Rice  (Pork & beef meatballs served in a homemade sweet pepper and tomato sauce, served on a bed of steamed rice)  **(DF)** | **Pizza Bar**  Pepperoni Pizza  (Deep crust tray bake, topped with meaty pepperoni, tomato sauce and Italian cheese)  Cheese & Tomato Pizza  (Deep crust tray bake with tomato sauce and Italian Cheese) (**GF/DF/H/V/Vgn)** | Roast Chicken  (Fresh, local chicken breast, roasted and served with Yorkshire pudding & gravy)  **(GF/DF without Yorkshire Pudding)** | Turkey Mince Bolognaise  (Lean & mean turkey mince in a rich tomato sauce with vegetables, served with spaghetti))  **(DF)** | Breaded Fish Fillet  (White fish fillet in crispy batter, served with chips and ketchup)  **(DF/H)** |
| **Vegetable/**  **Plant**  **Based** | Plant Mince Chilli & Rice  (Healthy plant-based mince in a rich tomato sauce, mildly spiced, red beans, and garlic)  **(GF/DF/H/V/Vgn)** | Braised Plant Fillet  (Plant based fillet in a rich gravy, served with Yorkshire Pudding)  **(GF/DF/ V/Vgn without Yorkshire Pudding/H)** | Vegetarian Shepherd’s Pie  (Veggie mince & mixed vegetables in a rich vegetarian gravy, topped with mash potato)  **(GF/DF/H/V/Vgn)** | Vegetable Nuggets with  Ketchup  (Chunky vegetable nuggets in served with chips and ketchup)  **(DF/H/V/Vgn)** |
| **Lighter Bites** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** |
| **Vegetables** | Broccoli Florets  Sweetcorn Kernels | A Diced Sauté Potatoes, Baked Beans, Coleslaw, Assorted Salads | Mashed Potato  Savoy Cabbage  Baton Carrots | Whole Green Beans  Steamed Cauliflower | Garden Peas  Sweetcorn |
| **Dessert** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Shortbread Fingers  (Homemade buttery biscuit)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Carrot Cake tray bake  (Sponge laden with carrots and sultanas with iced topping)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** |

***Available with dinner – Fresh bread, salad bar, fresh fruit selection, chilled water, fresh milk.***

***Allergen information is available on the allergen sheets, these will be adjusted should a product make-up be changed or alternative used***

***H= Halal, V=Vegetarian, VGN=Vegan, DF=Dairy Free, GF=Gluten Free are available as modified diets for the dishes shown***

**Weeks Commencing – 22/4, 13/5, 10/6, 1/7, 22/7**

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Protein Based** | Crispy Fish Goujon Roll  (White fish in crispy coating served hotdog style with sauté potatoes & ketchup)  Diced Sauté Potatoes | Minced Beef Pie & Puff Pastry Lid  (Homemade beef mince and vegetable mix topped with golden puff pastry lid, served with gravy) | Roast Chicken  (Fresh, local chicken breast, roasted and served with Yorkshire pudding & gravy)  **(GF/DF without Yorkshire Pudding)** | Bangers & Mash  (Meaty pork sausage with creamy mashed potatoes and rich gravy) | Breaded Fish Fillet  (White fish fillet in crispy batter, served with chips and ketchup)  **(DF/H)** |
| **Vegetable**  **/Plant**  **Based** | Mac & Vegan Cheese Bake  (Tender pasta, a creamy sauce, topped with vegan cheese and baked until golden brown) **(GF/DF/H/V/Vgn)** | Vegan Swedish Meatballs  (Veggie meatballs in a rich gravy, Swedish style)  **(GF/DF/H/V/Vgn)** | Braised Plant Fillet  (Plant based fillet in a rich gravy, served with Yorkshire Pudding)  **(GF/DF/ V/Vgn without Yorkshire Pudding/H)** | Vegetable Lasagne (Pasta twists, homemade tomato sauce, oregano and vegan melting cheese) **(GF/DF/H/V/Vgn)** | Vegetable Nuggets with  Ketchup  (Chunky vegetable nuggets in served with chips and ketchup)  **(DF/H/V/Vgn)** |
| **Lighter Bites** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** |
| **Vegetables** | Broccoli Florets  Sweetcorn Kernels | New Potatoes, Garden Peas  Sliced Carrots | Boiled Potatoes  Savoy Cabbage  Baton Carrots | Whole Green Beans  Steamed Cauliflower | Garden Peas  Sweetcorn |
| **Dessert** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Banana Cake Tray Bake  (Moist, fruity banana tray bake)  Fresh Fruit Basket  (Choice of fruit from our counter)  **(GF/DF/H/V/Vgn)** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Mini Jam Doughnuts  (Min baked doughnuts with fruity jam filling, dusted with icing sugar)  Fresh Fruit Basket  (Choice of fruit from our counter)  **(GF/DF/H/V/Vgn)** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** |

***Available with dinner – Fresh bread, salad bar, fresh fruit selection, chilled water, fresh milk.***

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**Weeks Commencing – 29/4, 20/5, 17/6, 8/7**

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| --- | --- | --- | --- | --- | --- |
| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Protein Based** | BBQ Meatball Sub & Wedges  (Mini pork & beef meatballs in tangy BBQ sauce, in soft white sub roll, with potato wedges) | Ham Carbonara & Penne Pasta  (Classic ham, cheese, and spinach combination, served with penne pasta) | Roast Chicken  (Fresh, local chicken breast, roasted and served with Yorkshire pudding & gravy)  **(GF/DF without Yorkshire Pudding)** | Beef Lasagne  (Layered pasta sheets filled with beef mince in tomato, herb & garlic sauce, topped with cheese) | Breaded Fish Fillet  (White fish fillet in crispy batter, served with chips and ketchup)  **(DF/H)** |
| **Vegetable**  **/Plant**  **Based** | Veggie Hotdog & Diced Sauté Potatoes  (Veggie take on a classic American hotdog)  **(GF/DF/H/V/Vgn)** | Plant Chunk & Bean Burrito  (Street food combo of mild spiced veg, beans & sauce wrapped in a floury tortilla)  **(GF/DF/H/V/Vgn)** | Braised Plant Fillet  (Plant based fillet in a rich gravy, served with Yorkshire Pudding)  **(GF/DF/ V/Vgn without Yorkshire Pudding/H)** | Tandoori Chunks & Rice  (Plant chunks marinated in mild Tandoori spices, served with basmati rice)  **(GF/DF/H/V/Vgn)** | Vegetable Nuggets with  Ketchup  (Chunky vegetable nuggets in served with chips and ketchup)  **(DF/H/V/Vgn)** |
| **Lighter Bites** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** | Baked Potato with  Cheese & Beans  (Crispy, tender potato, with baked beans & grated cheese)  **(GF/DF/H/V/Vgn)** |
| **Vegetables** | Garden Peas  Baton Carrots | Whole Green Beans  Sweetcorn | Roast Potatoes  Savoy Cabbage  Baton Carrots | Baton Carrots  Roast Cauliflower | Garden Peas  Sweetcorn |
| **Dessert** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Rice Pudding & Jam  (Creamy hot rice pudding with a dollop of jam)  Fresh Fruit Basket  (Choice of fruit from our counter)  **(GF/DF/H/V/Vgn)** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** | Cocoa Crunch  (Crispy cereal and coconut traybake)  Fresh Fruit Basket  (Choice of fruit from our counter)  **(GF/DF/H/V/Vgn)** | Fruity Yoghurts  (Creamy, dreamy, thick, and fruity, low sugar and fat)  Fresh Fruit Basket  (Fresh fruit selection)  **(GF/DF/H/V/Vgn)** |

***Available with dinner – Fresh bread, salad bar, fresh fruit selection, chilled water, fresh milk.***

***Allergen information is available on the allergen sheets, these will be adjusted should a product make-up be changed or alternative used***

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**After School Club Snack**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Asstd sandwiches of cheese, ham, or jam  Salad chunks of carrot, cucumber, and cherry tomatoes  Fresh Fruit  Yoghurts  Water  (Contains Wheat gluten, Sulphites, milk, egg)  **(GF/DF/H/V/Vgn)** | Assorted tortilla wraps of cheese, ham, or tuna mayo  Salad chunks of carrot, cucumber, and cherry tomatoes  Fresh Fruit  Packet Biscuits  Water  (Contains Wheat gluten, Sulphites, milk, egg)  **(GF/DF/H/V/Vgn)** | Asstd croissants of cheese, ham, or jam  Salad chunks of carrot, cucumber, and cherry tomatoes  Fresh Fruit  Jelly Pots  Water  (Contains Wheat gluten, Sulphites, milk, egg)  **(GF/DF/H/V/Vgn)** | Asstd sandwiches of cheese, ham, or jam  Salad chunks of carrot, cucumber, and cherry tomatoes  Fresh Fruit  Yoghurts  Water  (Contains Wheat gluten, Sulphites, milk, egg)  **(GF/DF/H/V/Vgn)** | Crumpets (x2 per ptn)  Jam Portion & Butter Portion  Salad chunks of carrot, cucumber, and cherry tomatoes  Fresh Fruit  Yoghurts  Water  (Contains Wheat gluten, Sulphites, milk, egg)  **(GF/DF/H/V/Vgn)** |

***Allergen information shown for dishes on the menu, these will be adjusted should a product make-up be changed or alternative used***

**IMPORTANT INFORMATION**

**MEDICAL, RELIGEOUS & ALLERGIC DIET INFORMATION to**

**If your child has a food allergy or intolerance, please complete the allergen paperwork with the school office. This is ensure that the academy and the kitchen have the correct information to support your child.**

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**Our kitchen staff use a variety of ingredients to accommodate a variety of different meals but due to the nature of the kitchen environment we cannot guarantee none cross contamination, see menu allergen sheet for allergen info**