

Spring/Summer Menu 2023 week 1		Monday	Save the Planet Tuesday	Allergen Free Wednesday	Climate Change Thursday	Friday
CHOICE 1	Crunchy Carrot Curry (ve)	Planet Pizza Wedge (ve)	Stuffed Pepper (ve)	<i>George Tomlinson School</i> <i>Favourite</i> Pasta Shells in a Creamy Roasted Tomato Sauce (ve)	Sweet Potato Wrap (ve)	
CHOICE 2	Bubble Crumb Salmon Fillet	Planet Pizza Wedge (v)	Spiced Chickpea & Sweet Potato Pilaf (ve)	Homemade Cheddar Cheese & Sweetcorn Quiche (v)	MSC Fish Fingers	
CHOICE 3	Beef Lasagne	Jacket Potato with Various Fillings (v)(ve)	Homemade Meatballs	Jacket Potato with Various Fillings (v)	Sticky Chicken	
Sides	Indian Style Rice (ve) Creamy Mashed Potato (v)	Skin On Baked Wedges (ve)	Italian Rice (ve)	Steamed New Potatoes (ve)	Oven Baked Chips (ve)	
Vegetables	Sweetcorn (ve) Garden peas (ve)	Mixed Vegetables (ve) Seasonal Fresh Broccoli (ve)	Roasted Organic Carrots with Thyme (ve) Green Beans (ve)	Sweetcorn (ve) Pan Fried Courgettes (ve)	Baked Beans (ve) Minted Garden Peas (ve)	
Salads	Salad Selection (v)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (v)	
Desserts	Peaches & Custard (v)(ve)	Homemade Shortbread Biscuit with Wedge of Fresh Orange (ve)	Fruity Jelly Pot (ve)	Carrot Cake (v) & Custard (v)	Pineapple & Ice Cream (v)	
DAILY	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Fresh Fruit Salad (ve)	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	
DAILY	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	
Bread	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	

Spring/Summer Menu 2023 week 2		Monday	Save The Planet Tuesday	Allergen Free Wednesday	Climate Change Thursday	Friday
CHOICE 1	Sri Lankan Sweet Potato & Coconut Curry (ve)	Smokey Jackfruit Jambalaya (ve)	Jollof Rice (ve)	Rosemary and Garlic Pan Fried Tofu (ve)	Crushed Chick Pea & Sweetcorn Wrap (ve)	
CHOICE 2	Jacket Potato (ve)(v) with Various Fillings	Tomato & Basil Pasta (v)	Butternut Squash, Carrot & Chickpea Tagine (ve)	Mac n Cheese (v)	MSC Golden Crumb Fish Fingers	
CHOICE 3	Beef Bolognaise	Homemade Cheese & Vegetable Puff	Roasted Lemon Chicken	Jacket Potato with Various Fillings	60/40 Beef Burger	
Sides	Wholemeal Spaghetti (v) Mixed Rice(ve)	Homemade Bread (v)	Roasted New Potatoes (ve) Spicy Lemon Rice (ve)	Savoury Rice (ve)	Oven Baked Chips (v)	
Vegetables	Sweetcorn (ve) Green Beans (ve)	Fresh Seasonal Broccoli (ve) Mixed Vegetables (ve)	Garden Peas (ve) Roasted Cauliflower Florest (ve)	Sweetcorn (ve) Spring Greens (ve)	Baked Beans (ve) Grilled Tomatoes (ve)	
Salads	Salad Selection (v)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (v)	
Desserts	Mixed Fruit Crumble (ve) with Custard (v)(ve)	Fruity Flapjack (ve)	Coconut Jelly (ve)	Cookie with Milk (v)	Chocolate Cracknel (v) & Custard (v)(ve)	
DAILY	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Fresh Fruit Salad (ve)	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	
DAILY	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	
Bread	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	

Spring/Summer Menu 2023 week 3		Monday	Save The Planet Tuesday	Allergen Free Wednesday	Climate Change Thursday	Friday
CHOICE 1	Pasta Arrabiata (ve)	Pulled Jackfruit Wraps (ve)	Chickpea Tikka Masala (ve)	Smokey Cheese & Tomato Pasta (ve)	Sticky Tofu (ve)	
CHOICE 2	Jacket Potato with various Fillings (v)(ve)	Cheese & Potato Pinwheels (v)	Herby Stuffed Beef Tomatoes (ve)	Sizzling Stir Fry with Garlic & Ginger (v)	MSC Golden Crumb Fish Fingers	
CHOICE 3	Chilli Beef Enchilladas	Bolognese (v)	Piri Piri Chicken	Jacket Potatoes with Various Fillings (v)(ve)	Chicken Zinger Wrap	
Sides	Spicy Jacket Potato Wedges (ve)	Wholemeal Spaghetti (ve) Roasted New Potatoes (ve)	Coconut Rice (ve)	Noodles (v)	Oven Baked Chips (ve) Lime & Coriander Infused Rice (ve)	
Vegetables	Green Beans (ve) Fresh Organic Carrots (ve)	Minted Garden Peas (ve) Sweetcorn (ve)	Mixed Vegetables (ve) Seasonal Fresh Cabbage (ve)	Fresh Seasonal Broccoli (ve) Sweetcorn Cobquettes (ve)	Baked Beans (ve) Fresh Organic Carrots (ve)	
Salads	Salad Selection (v)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (v)	
Desserts	Cheese & Crackers with fresh Apple Slice (v)	Mint & Lime Cookie (ve) & Milk (v) (ve)	Fruit Ice Smoothie (ve)	Chocolate Brownie (ve) & Custard (v) (ve)	Summer Fruit Crunch Pot (v)	
DAILY	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Fresh Fruit Salad (ve)	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	
DAILY	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	
Bread	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	