

## Secondary Spring Summer 2023 Main Menu

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 17.04.23 08.05.23 05.06.23 26.06.23 17.07.23 18.09.23 09.10.23	Organic beef meatballs or vegan meatballs <b>Ve</b> Served with pasta, Mediterranean sauce, homemade garlic dough balls and seasonal vegetables.  Chocolate orange cookie Strawberry muffin Jam & coconut sponge	Chicken enchiladas or Quorn enchiladas <b>V</b> Served with potato wedges, homemade coleslaw and crispy salad  Raisin oat cookie Chocolate crunch Cornflake tart	Roast gammon & stuffing or Crumb topped vegetable bake <b>V</b> Served with creamed potatoes, seasonal vegetables and gravy  Shortbread slice Lemon muffin <i>Summer fruit crumble</i>	Chicken tikka masala or Tomato and chickpea curry <b>Ve</b> Served with rice, seasonal vegetables and naan  Cookie Banana flapjack Berry sponge	Battered fish or Quorn dippers <b>Ve</b> served with chips, peas and baked beans  Cornflake cookie Chocolate cracknel <i>Rhubarb cobbler</i>
<b>2</b> 24.04.23 15.05.23 12.06.23 03.07.23 04.09.23 25.09.23 16.10.23	Big breakfast or Vegan breakfast <b>Ve</b> served with hash browns, baked tomatoes and baked beans  Apricot oat cookie Chocolate brownie Sticky apple sponge	Spaghetti bolognaise (beef or vegan <b>Ve</b> ) Served with homemade garlic bread and fresh salad.  Lemon shortbread slice Chocolate cracknel <i>Fruity yoghurt crunch</i>	Roast beef with Yorkshire pudding and gravy or Baked egg, spinach and cheddar tart <b>V</b> Served with creamed potatoes, seasonal vegetables  Cherry & coconut cookie Berry muffin Syrup sponge	Chicken Korma or Cauliflower and green bean Korma <b>V</b> Served with rice, seasonal vegetables and naan  Cookie Cornflake bar <i>Chocolate pear cake</i>	Battered fish or Macaroni cheese <b>V</b> served with chips, peas and baked beans  Chocolate cookie Flapjack Lemon sponge
<b>3</b> 01.05.23 22.05.23 19.06.23 10.07.23 11.09.23 02.10.23	Organic beef burger or Vegetable burger <b>Ve</b> Served in a bun with mini herb potatoes, baked beans and coleslaw  Cookie Carrot cake muffin <i>Apple &amp; cinnamon crumble</i>	Chilli beef tacos or Vegetarian tacos <b>Ve</b> Served with spicy rice and zingy slaw.  Chocolate orange cookie Apple flapjack Strawberry sponge	Roast turkey with stuffing or Vegan cottage pie <b>Ve</b> Served with creamed potatoes, seasonal vegetables and gravy  Raisin oat cookie Chocolate cracknel Berry shortbread sandwich	Katsu chicken or Katsu Quorn <b>Ve</b> Served with rice, seasonal vegetables and naan  Shortbread slice Banana muffin <i>Sticky chocolate sponge</i>	Battered fish or Vegan sausage roll <b>Ve</b> Served with chips, peas and baked beans  Cherry cookie Chocolate brownie <i>Peaches with ice cream</i>

Fresh fruit & yoghurt available daily. Dessert in italic = 50% fruit

## Secondary Spring Summer 2023 Grab & Go Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meatball sub	Roasted Veg Burrito <span style="color: green;">V</span>	Roast of the day filled cob	Quesadilla	Fish finger sandwich
Filled paninis: Cheese <span style="color: green;">V</span> Cheese & ham Tuna melt	Filled paninis: Cheese <span style="color: green;">V</span> Cheese & ham Tuna melt	Filled paninis: Cheese <span style="color: green;">V</span> Cheese & ham Tuna melt	Filled paninis: Cheese <span style="color: green;">V</span> Cheese & ham Tuna melt	Filled paninis: Cheese <span style="color: green;">V</span> Cheese & ham Tuna melt
Tikka chicken wrap or panini	Sweet chilli chicken wrap or panini	Piri piri chicken wrap or panini	Mediterranean chicken wrap or panini	BBQ chicken wrap or panini (NCS)
Marinara pasta bowl <span style="color: green;">Ve</span>	Americana pasta bowl <span style="color: green;">Ve</span>	Creamy tomato and spinach pasta bowl <span style="color: green;">Ve</span>	Pomodoro pasta bowl <span style="color: green;">Ve</span>	Macaroni cheese bowl <span style="color: green;">V</span>
Jacket potatoes with a selection of fillings & toppings	Jacket potatoes with a selection of fillings & toppings	Jacket potatoes with a selection of fillings & toppings	Jacket potatoes with a selection of fillings & toppings	Jacket potatoes with a selection of fillings & toppings

Vegan versions available on request

## Secondary Spring Summer 2023 Breaktime Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Buttered toast <span style="color: green;">Ve</span>	Buttered toast <span style="color: green;">Ve</span>	Buttered toast <span style="color: green;">Ve</span>	Buttered toast <span style="color: green;">Ve</span>	Buttered toast <span style="color: green;">Ve</span>
Bacon cob	Sausage cob	Bacon cob	Bacon cob	Bacon cob (NCS)
Fresh fruit pots <span style="color: green;">Ve</span>	Fresh fruit pots <span style="color: green;">Ve</span>	Fresh fruit pots <span style="color: green;">Ve</span>	Fresh fruit pots <span style="color: green;">Ve</span>	Fresh fruit pots <span style="color: green;">Ve</span>
Fruit yoghurt <span style="color: green;">V</span>	Fruit yoghurt <span style="color: green;">V</span>	Fruit yoghurt <span style="color: green;">V</span>	Fruit yoghurt <span style="color: green;">V</span>	Fruit yoghurt <span style="color: green;">V</span>
Buttered bagel <span style="color: green;">Ve</span>	Buttered crumpet <span style="color: green;">Ve</span>	Buttered teacake <span style="color: green;">Ve</span>	Buttered Bagel <span style="color: green;">Ve</span>	Croissant <span style="color: green;">V</span>
Pizza crumpet <span style="color: green;">V</span>	Pizza slice <span style="color: green;">V</span>	Pitta pizza <span style="color: green;">V</span>	Pizza wrap <span style="color: green;">V</span>	Pizza slice <span style="color: green;">V</span>
Chilli baked egg with a tortilla <span style="color: green;">V</span> (Eggs baked in spicy tomato sauce)	Bacon with cream cheese bagel	Brunch muffin <span style="color: green;">V</span> (Quorn sausage pattie & poached egg in a muffin)	Cheese & bean toastie <span style="color: green;">V</span>	Curry folded naan

Vegan versions available on request