



THE GREAT FOOD ADVENTURE MENU



MON

TUES

WED

THU

FRI

Main Meal

HAPPY TUMS:

Pork sausage with mashed potato (Mk,G,Su)

Traditional Italian beef lasagne with garlic bread (G,Mk,Su,Ce)

Roast Norfolk turkey breast, parsley stuffing and roast potato (So,Mk,E,G)

Chicken thigh flatbread with jacket wedges (G)

Cod fish finger with tartare sauce and oven chips (F,G,,Mk)

Vegetarian

MEAT FREE:

Vegetarian sausage with mashed potato (G,So,E)

New York Quorn dog with relish and ketchup (G,So,Se)

Mild vegetable chilli con carne with steamed rice (Mu,Ce)

Cheese and tomato focaccia with jacket wedges (Mk,So,G)

Spicy red pepper and courgette quesadilla with sour cream (Mu,Mk,G)

Veggies

POWER FOOD:

Broccoli ... cauliflower

Courgettes ... Chef's summer salad

Cabbage ... Carrots

Sweetcorn ... Green beans

Garden peas ... Baked beans

Pudding

SWEET TREAT:

Bramley apple crumble with custard (G,Mk)

Sticky Jamaican ginger cake (G,E,Mk,Su)

Berry sponge with vanilla custard (G,E,Mk)

Sultana flapjack (Mk,G)

Chocolate mousse pudding with chocolate soil (Mk,So)

Week 1: 22 April, 13 May, 10 June, 1 July, 22 July

MON

TUES

WED

THU

FRI

Main Meal

HAPPY TUMS:

Spaghetti bolognaise with garlic bread (Mk,G)

Chicken korma with basmati rice (Mk) naan bread (G)

Roast beef with Yorkshire pudding and roast potato (G,Mk,,E)

Spiced turkey baked enchiladas (Mu,Mk,G)

Fish Pollock with homemade tartare sauce and oven chips (F,Mu,Mk,E,G)

Vegetarian

MEAT FREE:

Macaroni cheese with garlic bread (Mk,G)

Sag Aloo mild curry with spinach (none) naan bread (G,Mk)

Wholemeal penne pasta with a rich tomato and fresh basil sauce (G,Mk)

Cheese tomato pizza with spicy wedges (Mk,G,So)

Roasted vegetable filo pie with oven chips (Mk,G,E)

Veggies

POWER FOOD:

Sweetcorn ... Diced swede

Broccoli ... Peas

Carrots ... Green beans

Cauliflower ... Baked beans

Garden peas ... Sweetcorn

Pudding

SWEET TREAT:

Marble cake with vanilla custard (G,Mk,E)

Shortbread biscuit (G,Mk)

Whole orange cake and creamy custard (G,Mk,E)

Homemade English strawberry cheesecake (Mk,G)

Chocolate and raspberry brownie (So,Mk,E,G)

Week 2: 29 April, 20 May, 17 June, 8 July

MON

TUES

WED

THU

FRI

Main Meal

HAPPY TUMS:

Creamy chicken pie with mashed potatoes (G,E,Mk)

Shepherds pie with cheesy mash (Mk,G)

Roast chicken with homemade stuffing and roast potato (Mk,E,G)

Mild tandoori spiced turkey with yoghurt and cucumber (Su,Mk)

Cod fish fingers with tartare sauce and lemon with oven chips (F,G,E,Mu,Mk)

Vegetarian

MEAT FREE:

Mixed roasted sweet pepper pie with mashed potatoes (Mk,E,G)

Roasted vegetable lasagne with garlic bread (G,Mk)

Cajun vegetable jambalaya with roasted pineapple (Mu)

Fresh Italian dough pizza topped with mozzarella and tomato with jacket wedges (G,Mk)

Roasted onion and cheese quiche with oven chips (Mk,G,E)

Veggies

POWER FOOD:

Baked beans ... Carrots

Chef's salad ... Courgettes

Broccoli ... Sweetcorn

Green beans ... Homemade coleslaw (Mk)

Garden peas ... Courgettes

Pudding

SWEET TREAT:

Peach crumble vanilla custard (G,Mk)

Lemon and poppy seed cake (G,E,Mk,Su)

Sticky toffee pudding with vanilla custard (G,E,Mk,Su)

Carrot cake with cream cheese frosting (G,Mk,E)

Pancake bar with ice cream (Mk,E,G)

Week 3: 6 May, 3 June, 24 June, 15 July

ALLERGENS

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
 Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
 E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Look out for this icon on our menus for a **Better Choice** for you!