

Spring/Summer Menu 2022 ~ Norwood



Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings Tuna, Baked Beans, Cheese
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Week One

28th Feb, 21st
March, 25th
April, 16th
May, 13th
June, 4th July

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato & Vegetable Pasta	Beef Burger in a Bun with Potato Wedges	Roast Turkey, Roast Potatoes & Gravy	Chicken Curry with Rice	Breaded Fish with Chips & Tomato Sauce
Option 2	Spanish Omelette with Potato Wedges	Vegan Burger in a Bun with Potato Wedges & Tomato Sauce	Vegetable Wellington with Roast Potatoes & Gravy	Broccoli & Cheese Pasta Bake	Cheese & Tomato Pinwheel with Chips & Tomato Sauce
Vegetables	Peas & Sweetcorn Rainbow Slaw	Sweetcorn Mixed Peppers	Mixed Vegetables Broccoli	Green Beans Carrots	Peas Baked Beans
Dessert	Apple and Raisin Flapjack	Iced Carrot Cake	Gingerbread Biscuit	Orange & Cinnamon Cookie	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two

7th March,
28th March,
2nd May, 23rd
May, 20th
June, 11th July

Option 1	Macaroni Cheese	Cottage Pie	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Sweet and Sour Chicken with Rice	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognese	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegetable Enchiladas with Rice	Cheese & Bean Pasty with Chips
Vegetables	Sweetcorn Cauliflower	Mixed Peppers Carrots	Green Beans Peas	Broccoli Sweetcorn	Peas Baked Beans
Dessert	Apple & Berry Crumble with Ice Cream	Lemon Drizzle Cake	Vanilla Shortbread	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Three

14th Mar, 18th
April, 9th May,
6th June, 27th
June, 18th July

Option 1	Cheese & Tomato Pizza With Wedges	Beef Lasagne with Garlic Bread	Roast Gammon, Roasted New Potatoes & Gravy	Pork Sausages & Mashed Potato	Fish in Batter with Chips & Tomato Sauce
Option 2	Quorn Jollof Rice	Tomato Arrabiatta Pasta with Garlic Bread	Cheese & Tomato Quiche with Roasted New Potatoes	Vegan Sausages & Mashed Potato	BBQ Quorn Fillet with Chips & Tomato Sauce
Vegetables	Baked Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Mixed Vegetables	Peas Baked Beans
Dessert	Lemon & Courgette Cake	Pinwheel Cookie	Orange Jelly with Mandarins	Oaty Cookie with Mixed Berries	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily					