



## Ashlands Primary School Summer Term 2019 Week One Cycle Menu

### Main Menu - Weeks Commencing 29.4.19, 20.5.19, 17.6.19 & 8.7.19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Battered Cod	Italian Chicken	Roast Turkey & Yorkshire Pudding	Sausages & Gravy	Pizza with toppings
<b>Vegetarian Choice</b>	Veg Burritos	Quorn Chilli	Roasted Butternut Squash Casserole	Veggie Sausages & Gravy	Vegetable Lasagne
<b>Potatoes/Pasta</b>	New Potatoes	Wholewheat Pasta or Half Jacket Potato	Baby Roast Potatoes	Mashed Potatoes	French Bread
<b>Vegetables</b>	Peas	Carrots	Chef's Seasonal Choice	Sweetcorn	Peas
	Sweetcorn	Cauliflower/Broccoli		Macedoine	Salad Bar

#### Fresh Salad Bar Available Daily

#### Filled Jacket Potatoes Available Daily

<b>Desserts</b>	Pineapple Sponge & Custard	Rice Pudding & Jam	Fruit Crumble & Ice Cream	Chocolate Sponge & Sauce	Frozen Yoghurt
	Jelly & Fruit	Fruit Flapjack	Fruit Juice & Lemon Biscuit	Dessert Whip	Jammy Buns

#### A Choice of Fresh Fruit is Available Daily



### GLUTEN FREE MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Jacket Potato with Tuna or Cheese	Italian Chicken & G/Free Pasta	Roast Turkey & Gravy	Jacket Potato with Tuna or Cheese	Gluten Free Pizza
<b>Vegetarian Choice</b>		Quorn Chilli	Roasted Butternut Squash Ragù		
<b>Potatoes/Pasta Rice/Bread</b>			Baby Roast Potatoes		
<b>Vegetables</b>	Peas	Carrots	Chef's Seasonal Choice	Sweetcorn	Peas
	Sweetcorn	Cauliflower/Broccoli		Macedoine	Salad Bar

#### Salad Bar Available Daily

#### Filled Jacket Potatoes Available Daily with plain tuna or grated cheese filling

<b>Desserts</b>	Jelly & Fruit	Rice Pudding & Jam	Fruit Juice & G/Free Biscuit		
		Fresh Fruits		Dessert Whip	Frozen Yoghurt

#### A Choice of Fresh Fruit is Available Daily



### DAIRY FREE MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>		Italian Chicken & Pasta/Half Jacket Potato	Roast Turkey & Gravy	Sausage with Gravy	
<b>Vegetarian Choice</b>	Veg Burritos	Quorn Chilli	Roasted Butternut Squash Ragù		Jacket Potato with Plain Tuna
<b>Potatoes/Pasta Rice/Bread</b>		French Bread	Baby Roast Potatoes	Dairy Free Mashed Potatoes	French Bread
<b>Vegetables</b>	Peas	Carrots	Chef's Seasonal Choice	Sweetcorn	Peas
	Sweetcorn	Cauliflower/Broccoli		Macedoine	Salad Bar

#### Salad Bar Available Daily

#### Filled Jacket Potatoes Available Daily with a plain tuna filling

<b>Desserts</b>	Jelly & Fruit	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits
			Fruit Juice & D/Free Flapjack		

#### A Choice of Fresh Fruit is Available Daily



## Ashlands Primary School Summer Term 2019 Week Two Cycle Menu

### Main Menu - Weeks Commencing 6.5.19, 3.6.19, 24.6.19 & 15.7.19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Chicken Curry	Home made Pork Meatballs in Tomato Sauce	Fish Pie with Mashed Potato	Greek Style Marinated Beef in a Tomato Sauce	Pizza with Various Toppings
<b>Vegetarian Choice</b>	Mixed lentil Stew	Spaghetti Pomodoro with spring veg	Veggie Pie	Vegetarian Meatballs Provençal	Macaroni Cheese
<b>Potatoes/Pasta Rice/Bread</b>	W/Grain Rice or Half Jacket Potato	Spaghetti	French Bread	Whole Grain Rice	New Potatoes
<b>Vegetables</b>	Carrots	Peas	Chef's Seasonal Choice	Vegetable mix	Peas
	Mixed Veg	Sweetcorn			Salad Bar

**Fresh Salad Bar Available Daily**

**Filled Jacket Potatoes Available Daily**

<b>Desserts</b>	Treacle Sponge & Custard	Fruit Jelly	Marble Cake	Chocolate Brownie	Pineapple & Coconut Flapjack
	Fruit Cocktail & Cream	Oat Cookie & Fruit Juice	Fruit Yoghurt	Happy Face Ice Cream	Milkshake & Fruit

**A Choice of Fresh Fruit is Available Daily**



### GLUTEN FREE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Chicken Curry	Home made G/Free Pork Meatballs in Tomato Sauce	Jacket Potato with Plain Tuna	Greek Style Marinated Beef in a Tomato Sauce	G/Free Pizza
<b>Vegetarian Choice</b>	Mixed lentil Stew				
<b>Potatoes/Pasta Rice/Bread</b>	W/Grain Rice or Half Jacket Potato	G/Free Pasta Spirals		Whole Grain Rice	
<b>Vegetables</b>	Carrots	Peas	Chef's Seasonal Choice	Vegetable mix	Peas
	Mixed Veg	Sweetcorn			Salad Bar

**Salad Bar Available Daily**

**Filled Jacket Potatoes Available Daily with plain tuna or grated cheese filling**

<b>Desserts</b>		Fruit Jelly			
	Fruit Cocktail & Cream	G/Free Cookie & Fruit Juice	G/Free Biscuit & Fruit Yoghurt	Happy Face Ice Cream	Milkshake & Fruit

**A Choice of Fresh Fruit is Available Daily**



### DAIRY FREE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Chicken Curry	Home made Pork Meatballs in Tomato Sauce	Jacket Potato with Plain Tuna	Greek Style Marinated Meat in a Tomato Sauce	
<b>Vegetarian Choice</b>	Mixed Lentil Stew	Spaghetti Pomodoro with Spring Veg			Jacket Potato with Plain Tuna
<b>Potatoes/Pasta Rice/Bread</b>	W/Grain Rice or Half Jacket Potato	Spaghetti	French Bread	Whole Grain Rice	French Bread
<b>Vegetables</b>	Carrots	Peas	Chef's Seasonal Choice	Vegetable mix	Peas
	Mixed Veg	Sweetcorn			Salad Bar

**Salad Bar Available Daily**

**Filled Jacket Potatoes Available Daily with a plain tuna filling**

<b>Desserts</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Fruit Cocktail	Jelly	Fruit Juice & D/Free Flapjack		

**A Choice of Fresh Fruit is Available Daily**



## Ashlands Primary School Summer Term 2019 Week Three Cycle Menu

### Main Menu - Weeks Commencing 13.5.19, 110.6.19 & 1.7.19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Paella	Sweet 'n' Sour Chicken	Lamb Shepherd's Pie/ Gravy	Gammon & Leeks in a Creamy Sauce served with Penne Pasta	Beef Burger in a Bun
<b>Vegetarian Choice</b>	Veggie Byriani with W/Grain Rice	Vegetable Chow Mein	Jacket Potato with Ratatouille	Spinach & Ricotta Cannelloni	Veggie Burger in a Bun
<b>Potatoes/Pasta Rice/Bread</b>	French Bread	Noodles	French Bread	French Bread	Skinny Fries
<b>Vegetables</b>	Peas	Sweetcorn	Carrots	Chef's Seasonal Choice	Salad Bar
	Macedoine	Broccoli	Peas		Sweetcorn

#### Fresh Salad Bar Available Daily

#### Filled Jacket Potatoes Available Daily

<b>Desserts</b>	Sticky Toffee Pudding & Sauce	Summer Berry Crumble & Cream	Orange Yoghurt Cupcake	Fruit Chocolate Muffin	Fruit Juice & Coconut Biscuit
	Arctic Roll	Fruit Scone with cream/jam	Fruit Cocktail & Ice Cream	Fruit Whip	Ricotta Fruit Cake

#### A Choice of Fresh Fruit is Available Daily

### GLUTEN FREE MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>		Sweet 'n' Sour Chicken	Shepherd's Pie/ Gravy	Jacket Potato with Tuna or Cheese	Home made G/Free Burger <b>NO Bun</b>
<b>Vegetarian Choice</b>	Veggie Byriani with W/Grain Rice		Jacket Potato with Ratatouille		
<b>Potatoes/Pasta Rice/Bread</b>		Noodles			Skinny Fries
<b>Vegetables</b>	Peas	Sweetcorn	Carrots	Chef's Seasonal Choice	Salad Bar
	Macedoine	Broccoli	Peas		Sweetcorn

#### Salad Bar Available Daily

#### Filled Jacket Potatoes Available Daily with plain tuna or grated cheese filling

<b>Desserts</b>		Summer Berries & Cream			Fruit Juice & G/Free Biscuit
	Plain Ice Cream Tub		Fruit Cocktail & Ice Cream	Fruit Whip	

#### A Choice of Fresh Fruit is Available Daily

### DAIRY FREE MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal Choice</b>	Paella	Sweet 'n' Sour Chicken	Shepherd's Pie/ Gravy	Jacket Potato with plain Tuna	Burger in a Bun
<b>Vegetarian Choice</b>	Veggie Byriani with W/Grain Rice	Vegetable Chow Mein	Jacket Potato with Ratatouille		
<b>Potatoes/Pasta Rice/Bread</b>	French Bread	Rice or Jacket Potato	French Bread	French Bread	Skinny Fries
<b>Vegetables</b>	Peas	Sweetcorn	Carrots	Chef's Seasonal Choice	Salad Bar
	Macedoine	Broccoli	Peas		Sweetcorn

#### Salad Bar Available Daily

#### Filled Jacket Potatoes Available Daily with a plain tuna filling

<b>Desserts</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fruit Juice & D/Free Flapjack
			Fruit Cocktail NO Cream		

#### A Choice of Fresh Fruit is Available Daily