### SPRING SUMMER 2020
### MENU WEEK I

#### WEEK COMMENCING
24 Feb, 16 Mar, 6 April, 27 April, 18 May, 8 June, 29 June, 20 July

#### AVAILABLE DAILY:
- Best of both bread and Coleslaw
- Gluten and Soya seasonal vegetables
- Available daily. Vegetarian meals available upon request.

#### MONDAY
- **Margherita pizza & new potatoes**
  - Milk Gluten

#### TUESDAY
- **Venison burger in a wholemeal bun & carrot fries**
  - Soya Milk Gluten Sesame Sulphur Dioxide
- **Pasta Neopolitan & garlic bread**
  - Milk Gluten Sulphur Dioxide

#### WEDNESDAY
- **Roast chicken, stuffing & gravy with mashed & roast potatoes**
  - Gluten
- **Quorn roast, stuffing, gravy, mashed & roast potatoes & mixed salad**
  - Milk Egg Gluten

#### THURSDAY
- **Chicken & broccoli bake with crusty bread**
  - Mustard Milk Gluten Sesame
- **Jacket potatoes with cheese, beans or tuna & mixed salad**
  - Milk Egg Fish

#### FRIDAY
- **Fish nuggets & Katsu curry with rice**
  - Soya Fish Gluten
- **Cheesy tomato pasta & garlic bread**
  - Milk Gluten

#### DESSERT
- **Cornflake tart & custard**
  - Milk Gluten Sulphur Dioxide
- **Chocolate & orange cookie & milkshake**
  - Milk Gluten
- **Marble sponge & custard**
  - Milk Gluten
- **Spiced carrot cake & custard**
  - Milk Egg Gluten Sulphur Dioxide
- **Oatmeal & yoghurt muffin**
  - Milk Egg Gluten
### Spring Summer 2020
#### Menu Week 2

**WEEK COMMENCING**
2 Mar, 23 Mar, 13 April,
4 May, 25 May, 15 June,
6 July, 27 July

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegan sausage roll, gravy &amp; jacket wedges</td>
<td>Spaghetti bolognese &amp; garlic bread</td>
<td>Roast gammon &amp; pineapple with mashed &amp; roast potatoes</td>
<td>All day breakfast &amp; diced potatoes</td>
<td>Fish goujons tomato ketchup &amp; oven chips</td>
</tr>
<tr>
<td>Soy Gluten</td>
<td>Milk Fish Gluten</td>
<td>Milk Egg</td>
<td>Fish Gluten</td>
<td></td>
</tr>
<tr>
<td>Roasted vegetable pasta &amp; garlic bread</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes</td>
<td>Or Spaghetti Neopolitan &amp; garlic bread</td>
<td>Or Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
</tr>
<tr>
<td>Milk Gluten</td>
<td>Milk Egg Gluten</td>
<td>Milk Gluten</td>
<td>Milk Gluten</td>
<td>Milk Egg Gluten</td>
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<tr>
<td>Pineapple cake &amp; cream</td>
<td>Honey cake</td>
<td>Peach melba</td>
<td>Butterscotch tart</td>
<td>Fruit flapjack &amp; milkshake</td>
</tr>
<tr>
<td>Milk Egg Gluten</td>
<td>Milk Egg Gluten</td>
<td>Milk</td>
<td>Milk Gluten</td>
<td>Milk Gluten</td>
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</tbody>
</table>

**Available Daily:** Best of both bread, Gluten and Soy. Seasonal vegetables available daily. Coleslaw egg when served. Vegetarian meals available upon request.
## SPRING SUMMER 2020
### MENU WEEK 3

**WEEK COMMENCING**
9 Mar, 30 Mar, 20 April, 11 May, 1 June, 22 June, 13 July

### Available Daily:
- Best of both bread
- Gluten and Soya
- Seasonal vegetables available daily
- Coleslaw

### Coleslaw
Egg when served.

### Vegetarian meals available upon request

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Tomato &amp; basil pasta &amp; garlic bread</td>
<td>Toad in the hole &amp; mashed potatoes</td>
<td>Roast pork, stuffing &amp; gravy, mashed &amp; roast potatoes</td>
<td>Beef lasagne &amp; garlic bread</td>
<td>MSC Breaded fish &amp; mashed potato</td>
</tr>
<tr>
<td>Milk Gluten</td>
<td>Milk Egg Gluten Sulphur Dioxide</td>
<td>Gluten</td>
<td>Mustard Milk Fish Gluten</td>
<td>Fish Gluten</td>
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<tr>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
<td>Quorn roast, stuffing, gravy, mashed &amp; roast potatoes</td>
<td>Jacket potatoes with cheese, beans or tuna mayo &amp; mixed salad</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
</tr>
<tr>
<td>Milk Egg Fish</td>
<td>Soya Milk Egg Fish Gluten Sesame</td>
<td>Milk Egg Gluten</td>
<td>Milk Egg Fish</td>
<td>Soya Milk Egg Fish Gluten Sesame</td>
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<td>DESSERT</td>
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<tr>
<td>Raspberry ripple ice cream roll</td>
<td>Lemon sponge pudding &amp; custard</td>
<td>Chocolate brownie</td>
<td>Pancake with frozen yoghurt &amp; orange</td>
<td>Raspberry muffin</td>
</tr>
<tr>
<td>Soya Milk Egg Gluten</td>
<td>Milk Egg Gluten Sulphur Dioxide</td>
<td>Gluten</td>
<td>Milk Egg Gluten</td>
<td>Egg Gluten</td>
</tr>
</tbody>
</table>

### Allergen Information:
- Milk
- Gluten
- Egg
- Fish
- Soya
- Sulphur Dioxide
- Sesame
- Mustard

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**NOTE:** St John’s CE Academy

**TASTE OF NATURE**

**1068**