



Spring/Summer 2021

April					May					June					July				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
			1	2	3	4	5	6	7	1	2	3	4					1	2
5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
26	27	28	29	30	31					28	29	30			26	27	28	29	30

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Pasta Carbonara	Oven Baked Sausages	Roast Turkey with Gravy	Homemade Lasagne	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza with Homemade Jacket Wedges	Vegan Sausage Roll	Roast Quorn Fillet with Gravy	Macaroni Cheese	Spanish Omelette
	Veg	Sweetcorn • Peas	Diced Potatoes • Carrots and Peas • Broccoli	Roast Potatoes or Rice • Seasonal Spring Cabbage • Carrots	Baton Carrots • Broccoli	Chips or Pasta • Baked Beans • Sweetcorn
	Main Option 3	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites
	Dessert	Cheese and Biscuits	Fresh Fruit	Fruit Flapjack	Fresh Fruit	Iced Fruit Smoothie
<i>Week 2</i>	Main Option 1	Oven Baked Salmon Fishcake with Homemade Jacket Wedges	Savoury Mince with Rice	Roast Chicken with Yorkshire Pudding	Turkey Meatballs with Tomato and Basil Sauce	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza	Jacket Potato with Various Fillings	Roast Quorn Fillet with Yorkshire Pudding	Quorn Swedish Style Balls with Gravy	Quorn Fishless Fingers
	Veg	Broccoli • Sweetcorn	Carrots • Green Beans	Roast Potatoes or Rice • Seasonal Spring Cabbage • Baton Carrots	Rice • Broccoli • Cauliflower	Chips or Pasta Baked Beans • Peas
	Main Option 3	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites
	Dessert	Cheese and Biscuits	Fresh Fruit	Fruit Flapjack	Fresh Fruit	Iced Fruit Smoothie
<i>Week 3</i>	Main Option 1	BBQ Chicken Breast in a Roll	Pasta Bolognaise	Roast Pork with Yorkshire Pudding	Chicken Casserole	Oven Baked Breaded Fish Fingers
	Main Option 2	Cheese and Tomato Pizza	Sweet Potato and Quorn Curry with Rice	Spring Vegetable Bake	Oven Baked Vegetarian Sausages	Crispy Quorn Dippers
	Veg	Sweetcorn • Broccoli	Carrots • Green Beans	Roast Potatoes or Rice • Seasonal Spring Cabbage • Carrots	Mashed Potatoes • Carrots • Broccoli	Chips or Pasta • Peas • Baked Beans
	Main Option 3	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites	Cheese / Ham Bap and Crudites
	Dessert	Cheese and Biscuits	Fresh Fruit	Fruit Flapjack	Fresh Fruit	Iced Fruit Smoothie

Food allergy disclaimer

The School Lunch Company endeavours to identify ingredients which may cause an allergic reaction for those with food allergies/intolerances. Food production teams are instructed on food allergies and potential reactions. Food is prepared in our kitchens where we use products such as milk, eggs, gluten etc and therefore meals may contain these allergens. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. People who are highly sensitive or suffer severe reaction to allergens are therefore informed that the food on offer may not be suitable for their consumption.

The School Lunch Company will not intentionally use nuts or any products containing nuts as an ingredient within our food preparation. If you have an allergy or intolerance please inform a member of staff at the earliest and if in doubt, do not eat our food.