

Spring & Summer Menu 2021

Fred Nicholson School

Week One Dates 08/03, 12/04, 03/05, 24/05, 07/06, 28/06, 19/07, 06/09, 27/09, 18/10

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Sausage, Mash & Gravy	Chicken Casserole & Potatoes	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Beef & Onion Pie with Mash & Gravy	Fish Fingers & Chips
Vegetarian Main Meal	Veggie Mince Bolognese Pasta	Margherita Pizza with Baked Jacket Wedges	Chickpea & Lentil Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Mac n Cheese	Vegetable Curry & Wholegrain Rice
Vegetable Selection	Cauliflower & Mixed Vegetables	Broccoli & carrots	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your choice of Cheese, Tuna Mayonnaise or Baked Beans				
Dessert	Ginger Sponge & Custard	Fruity Flapjack	Chocolate Sponge & Chocolate Sauce	Jam Sponge & Custard	Oaty Biscuit & Fruit Wedges

Week Two Dates- 15/03, 19/04, 10/05, 14/06, 05/07, 13/09, 04/10

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs in Tomato Sauce with Pasta	Mild Chicken Curry with Brown Rice & Naan Bread	Roast Pork with Roast Potatoes, Stuffing & Gravy	Pasta Bolognese & Garlic Bread	Fish Fingers with Chips
Vegetarian Main Meal	Wholemeal Pizza Slice with Baked Potato Wedges	Tomato & Basil Pasta	Chickpea & Lentil Roast with Roast Potatoes, Stuffing & Gravy	British Cheddar Quiche with Homemade Potato Wedges	Vegetable burger with Chips
Vegetable Selection	Garden Peas & Mixed vegetables	Carrots & Green Beans	Cauliflower & Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your choice of Cheese, Tuna Mayonnaise or Baked Beans				
Dessert	Hot Chocolate Fudge Cake & Custard	Cornflake Tart & Custard	Shortbread Biscuit & Mixed Fruit	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

Week Three Dates 22/03, 26/04, 17, 05, 21/06, 12/07, 20/09, 11/10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun with Homemade Wedges	Cottage Pie	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie & Mash	Fish Fingers & Chips
Vegetarian Main Meal	Veggie Mince Chilli with Wholegrain Rice	Cheesy Margherita Pizza	Chickpea & Lentil Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Enchilada & Chips
Vegetable Selection	Sweetcorn & Carrots	Broccoli & Mixed vegetables	Cauliflower & Garden Peas	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your choice of Cheese, Tuna Mayonnaise or Baked Beans				
Dessert	Apple Crumble & Custard	Lemon Slice	Chocolate Crunch & Custard	Marble Sponge & Custard	Crunchy Biscuit & Apple Slices

Bagged Packed Lunch Available Daily

Filled Bread Item Ham, Cheese or Tuna

Salad Sticks

Fresh Fruit

Sweet Treat of the Day

Juice Cuplet

Fresh Fruit Available Daily