



THE GREAT FOOD ADVENTURE MENU



WEEK 1

MON TUES WED THU FRI

Main Meal

HAPPY TUMS:

Mild Caribbean chicken curry with coconut and pineapple (None)

Traditional Italian beef lasagne (G,Mk,E)

Roast Norfolk turkey breast, homemade parsley stuffing and gravy (So,Mk,E,G)

Chicken thigh flatbread (G,E,Mk,So)

Battered pollock fillet with tartare sauce and lemon (F,G,Mu,Mk,E)

Vegetarian

MEAT FREE:

Macaroni cheese with a crunchy topping (G,So,E,Mk)

New York Quorn dog with relish and ketchup (G,E,Mk)

Mild vegetable chilli con carne with steamed rice (Mu,Ce)

Mediterranean vegetable lasagne (G,Mk,E)

Spicy red pepper and courgette quesadilla with sour cream (Mu,Mk,G)

Veggies

POWER FOOD:

Steamed rice
...
Broccoli
...
Sweetcorn

Spicy potato wedges
...
Courgettes
...
Chef's summer salad

Roasted potatoes
...
Cabbage
...
Carrots

Cous cous
...
Cauliflower
...
Green beans

Baked oven chips
...
Garden peas
...
Baked beans

Pudding

SWEET TREAT:

Berry sponge with vanilla custard (G,E,Mk)

Sticky Jamaican ginger cake (G,E,Mk)

Bramley apple crumble with vanilla custard (G,Mk)

Classic gypsy tart (Su,So,Se,E,Mk,G)

Chocolate mousse pudding with chocolate soil (Mk,So)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurt

ALLERGENS

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals containing Gluten N = Nuts So = Soya
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



Look out for this icon on our menus for a **Better Choice** for you!

Special Days

NATIONAL BISCUIT DAY | 22ND MAY

28TH JUN NATIONAL CREAM TEA DAY

WORLD CHOCOLATE DAY | 08TH JUL



This term we are visiting:

- ★ May - Yorkshire & The Humber
- ★ June - North East
- ★ July - Midlands



THE GREAT FOOD ADVENTURE MENU



WEEK 2

MON TUES WED THU FRI

Main Meal

HAPPY TUMS:

Farm assured pork sausages with gravy (Su,G)

Italian baked pasta bolognaise (G,E)

Roasted chicken with sage and onion stuffing and gravy (G)

Mild tandoori spiced chicken with yoghurt and cucumber (Ce,Mk)

MSC cod baked fish finger with homemade tartare sauce (F,G)

Vegetarian

MEAT FREE:

Quorn sausage (G,E,Mk)

Homemade bean and chickpea burger, salad and mayonnaise (G,E)

Sag Aloo – a mild curry of spinach and potato served with pilau rice (Mu,Mk)

Pepper, courgette, mushroom and halloumi kebab with spicy tomato sauce (Mk,G)

Wholegrain penne pasta with a rich tomato and fresh basil sauce (G)

Veggies

POWER FOOD:

Creamy mashed potato (Mk)

Crispy potato wedges

Roast potatoes

Steamed rice

Baked oven chips

... Baked beans

... Caesar salad

... Carrots

... Green beans

... Garden peas

... Garden pea

... Broccoli

... Courgettes

... Cauliflower

... Sweetcorn

Pudding

SWEET TREAT:

Marble cake with vanilla custard (G,Mk,E)

Apricot and sultana oaty flapjack (Su,G,Mk)

Jam tart and creamy custard (G,Mk,E)

Homemade English strawberry cheesecake (MGk)

Chocolate and raspberry brownie (So,Mk,E,G)

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghu

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WEEK 3

MON TUES WED THU FRI

Main Meal :HAPPY TUMS:

Sticky bbq chicken with honey glaze (Su,So,G,Ce)	Homemade beef burger with cheese, lettuce and tomato ketchup (Mk,G,Ce)	Roasted English gammon (none) with sage and onion stuffing with gravy (Mk,E,G)	Spiced turkey Baked enchiladas (Mu,Mk,G)	Battered Pollock fillet with tartare sauce and lemon (F,G,Mu,Mk,E)
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Vegetarian :MEAT FREE:

Mixed roasted sweet pepper, wholemeal quiche (Mk,E,G)	Sweet and sour Quorn stir fry noodles with spring onion and ginger (G,E)	Chickpea and tomato masala with steamed rice (Mu)	Fresh Italian dough pizza topped with mozzarella and tomato (G,Mk,E)	Thai red vegetable curry with lime and coriander rice (G,So)
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Veggies :POWER FOOD:

New potatoes ... Sweetcorn ... Carrots	Crispy baked potato wedges ... Chef's salad ... Baked beans	Roasted potatoes ... Broccoli ... Cauliflower	Baked Wedges ... Green beans ... Homemade coleslaw (E,Mk,Mu)	Baked oven chips ... Garden peas ... Baked Beans
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Pudding :SWEET TREAT:

Sticky toffee pudding with vanilla custard (G,E,Mk)	Lemon and poppy seed cake (G,E,Mk)	Double chocolate sponge with custard (G,E,Mk,Su)	Carrot cake with cream cheese frosting (G,Mk,E)	Pancake bar with ice cream (Mk,E,G)
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