

SUMMER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken Chicken Stir Fry Vegetable Noodles Noodles Rice Sweetcorn Oven Roasted Vegetables Carrot Cucumber Baked Jacket Potato with Baked Bean Selection of sandwiches selection of fillings Selection of Salads Fresh Fruit Chocolate Brownie	Lentil Soup with bread & Croutons Bolognese Sauce (beef) Vegetable Lasagne Garlic Bread Tomato Sauce Pasta gluten Free Pasta Green Beans Oven Roasted Vegetables Carrot Cucumber Selection of sandwiches selection of fillings Selection of Salads Fresh Fruit Orange Basbousa	<u>American Theme</u> Hot Dogs with hot dog roll Vegan Frankfurter Jalapeno Tiger Fries Baked Jacket Potato Carrot Cucumber Baked Jacket Potato with Baked Beans Selection of Sandwiches selection of fillings Selection of Salads Fresh Fruit Chocolate Crispy Cake	Minestrone Soup with bread & Croutons Chicken Katsu Curry Vegetable Dal Rice Sweetcorn Oven Roasted Vegetables Carrot Cucumber Selection of Sandwiches selection of fillings Selection of Salads Fresh Fruit Strawberry Jelly	Fish in Batter Gluten Free Fish in batter Fish Finger Breaded Scampi Chipped Potatoes Garden Peas Mushy Peas Baked Jacket Potato with Baked Beans/Grated Cheese Carrot Cucumber Selection of Sandwiches selection of fillings Selection of Salads Fresh Fruit Choc Ices

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 1

SUMMER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Gyros With pitta bread	Soup of the Day with bread & Croutons	Chinese Chicken	Soup of the Day with bread & croutons	Fish in Batter Gluten Free Fish
Vegetable Gyros	Chilli Con Carni	Vegetable Spring Rolls with sweet chilli sauce	<u>Pasta Day</u>	Fish Finger Chicken Nuggets
Ratatouille	Vegetable & Bean Chilli	Prawn Crackers	3 cheese Ravioli Tomato Pasta Pepperoni Pasta	Chipped Potatoes Garden Peas Mushy Peas
Corn on the cob	Nachos, Salsa, Guacamole, Sour Cream	Noodles Rice	Pasta Garlic Bread Sweetcorn	Backed Jacket Potato with Baked Beans
Baked Jacket Potatoes with a selection of fillings	Rice Garden Peas Oven Roasted Vegetables	Cucurbit Cucumber	Roasted Vegetables Carrot Cucumber	Carrot Cucumber
Carrot Cucumber Selection of Sandwiches selection of fillings Selection of Salads	Carrot Cucumber Selection of sandwiches a selection of fillings Selection of Salads	Backed Jacket Potato with Baked Beans	Selection of sandwiches a selection of fillings Selection of Salads	Selection of Sandwiches a selection of fillings Selection of Salads
Fresh Fruit Shortbread Biscuits	Fresh Fruit Strawberry Mousse	Fresh Fruit Sticky Toffee Pudding with custard sauce	Fresh Fruit Flapjack	Fresh Fruit Choc Ices

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 2

SUMMER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken	Soup of the Day with bread & croutons	Pork Meatballs with Tomato Sauce Gluten Free Meatballs	Soup of the Day with bread & croutons	Fish in Batter Gluten Free Fish Fish Finger Breaded Scampi
Vegetable Stir Fry	BBQ Pulled Pork	Vegetable Quiche Frittata	<u>Baked Potato Bar</u>	Chipped Potatoes Garden Peas Mushy Peas
Rice	Wrap, Flatbread	Spaghetti Selection of Vegetables	Baked jacket Potato Chicken Beef Chilli Grated Cheese Tuna Baked Beans	Backed Jacket Potato with Baked Beans
Sweetcorn Oven Roasted Vegetables	Potato Wedges Green Beans Oven Roasted Vegetables Carrot Cucumber	Carrot Cucumber	Carrot Cucumber	Carrot Cucumber
Backed Jacket Potato with Baked Beans	Selection of sandwiches with a selection of fillings Selection of Salads	Backed Jacket Potato with Baked Beans Selection of Sandwiches with a selection of fillings Selection of Salads	Selection of Sandwiches with a selection of fillings Selection of Salads	Selection of Sandwiches with a selection of fillings Selection of Salads
Selection of sandwiches a selection of fillings Selection of Salads	Fresh Fruit Homemade Cookies	Fresh Fruit Raspberry Jelly	Fresh Fruit Cheesecake	Fresh Fruit Choc Ices

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 3

SUMMER MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Juice Porridge	Fruit Juice Porridge	Fruit Juice Porridge	Fruit Juice Porridge	Fruit Juice Porridge
Grilled Bacon Scrambled Egg Mushrooms	Grilled Sausage Poached Egg Grilled Tomato	Grilled Bacon Boiled Egg Potato Scones	Eggy Bread Grilled Sausage Baked Beans	Grilled Bacon Poached Egg Hash Browns
Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade	Sliced Bread Butter Selection of Jam Marmalade
Croissants	American Pancakes	Croissants	Chocolate Croissants	Sweet Waffles & Syrup
Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies	Cornflakes Coco Pops Rice Kipsies
Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit	Strawberry Yoghurt Fresh Fruit Mixed Fruit

SUMMER MENU



CARGILFIELD

MONDAY

Beef Chilli
Nachos
Vegetable & Bean Chilli
Rice
Broccoli
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Iced Sponge

TUESDAY

Cheese Paninis
Ham Paninis
Chicken Panini
Potato & Leek Frittata
Herby Potatoes
Green Beans
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fruit Cheesecake

WEDNESDAY

Pasta Night
Tomato Pepperoni
Carbonara Sauce
Macaroni Cheese
Garlic Bread
Pasta
Gluten Free Pasta
Garden Peas
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Cookies

THURSDAY

Pork Meatballs with
tomato Sauce
Sweet Potato &
Vegetable Risotto
Spaghetti
Gluten Free Pasta
Sweetcorn
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Rocky Roads

FRIDAY



SUMMER MENU



MONDAY

Baked Potato Bar

Selection of fillings
Tuna, Cheese, Beef Chilli,
Baked Beans
Green Beans
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Chocolate Biscuit

TUESDAY

Chicken Goujons wraps
Mushroom Stroganoff
Cous Cous
Roasted Vegetables
Sweetcorn
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Lemon Drizzle Cake

WEDNESDAY

Stone Baked Pizza with
a selection of toppings
Cheese, pepperoni,
vegetarian
Gluten Free Pizza
Potato Wedges
Garden Peas
Baked jacket Potato
with a selection of
fillings
Selection of Salads
Chocolate Brownie

THURSDAY

Curry Bar

Chicken Madras
Vegetable bean & spinach
curry
Poppadum's, Mango
Chutney
Rice
Broccoli
Selection of sandwiches
with a selection of
fillings
Selection of Salads
Fresh Fruit
Shortbread

FRIDAY



SUMMER MENU



CARGILFIELD

MONDAY

Pork Sausage
Gluten Free Sausage
Vegetarian Sausage

Gravy
Yorkshire Pudding

Mashed Potato

Carrots

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit

Jam Doughnuts

TUESDAY

Beef Enchilada (wraps)

Mushroom Gnocchi

Rice

Ratatouille

Selection of sandwiches
with a selection of
fillings
Selection of Salads

Fresh Fruit
Strawberry Jelly

WEDNESDAY

Chicken Chow Mien
Vegetable Chow Mien

Noodles

Sweetcorn

Selection of sandwiches
with a selection of
fillings
Selection of Salads

Fresh Fruit
Chocolate Profiterole

THURSDAY

Pasta Night

Cheese Sauce
Tomato Sauce
Carbonara Sauce
Garlic Bread

Pasta
Gluten Free Pasta
Broccoli

Selection of sandwiches
with a selection of
fillings
Selection of Salads

Fresh Fruit
Orange Flapjacks

FRIDAY



Supper Week 3

SUMMER MENU



CARGILFIELD

MONDAY

BLT Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Chicken Salad
Egg Salad

TUESDAY

Chicken & Bacon Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Tuna Salad
Mixed Bean & Cous
Cous Salad

WEDNESDAY

Tuna Mayonnaise Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Chicken Mayonnaise Salad
Pasta & Sundried Tomato Salad

THURSDAY

BLT Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Ham Salad
Chick Pea & Sultana Salad

FRIDAY

Egg Mayonnaise Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Quiche Salad
Mozzarella Salad



Sandwiches Baguettes & Salads