Sutton Spring/ TUESDAY WEDNESDAY THURSDAY FRIDAY **MONDAY** Summer Menu 2023 **WEEK ONE** MSC Fishfingers with Chips *Beef Lasagne with 📢 Option one Cheese & Tomato Pizza *Roast Chicken with Roast *BBQ Chicken with & Tomato Sauce Garlic Bread Potatoes, Stuffina & Gravv with Wedges (f) Rice 17 April Crunchy Topped **NEW** Sweet Potato & Mexican Bean Roll with 8 May Wholemeal Vegetable BBQ Vegan Quorn with Option two Vegetable Bake with New Spinach Flan with Roast Chips & Tomato Sauce 5 June Pasta Bake Rice **Potatoes** Potatoes 26 June Vegetables Broccoli Carrot & Swede Mash 17 July Green Beans Broccoli Peas Roasted Tomatoes Carrots Cabbaae Peas Baked Beans 28 August 18 September Oaty Cookie Iced Vanilla Sponge with Fruit Jelly with Peaches **NEW** Syrup Snap Fresh Fruit Salad Dessert with Yoahurt 9 October Custard Biscuit with Yoghurt **WEEK TWO** *Pork Sausage Hot Dog *Chicken Korma with Rice MSC Salmon Fishfingers with *Roast Chicken with Roast Option one Macaroni Cheese with Potato Wedges Chips & Tomato Sauce Potatoes, Stuffing & Gravy 24 April Vegetable Wellington Vegan Sausage Hot Dog Potato and Courgette Vegan Meatball 15 May Option two with New Potatoes & Chips & Tomato Sauce with Potato Wedges Layer Bake Pasta Bake 12 June Gravv 3 July Cabbaae Peas Broccoli Broccoli 4 September Vegetables Green Beans **Baked Beans Roasted Tomatoes** Carrots Carrots 25 September Peach Crumble with Fruit Jelly with 16 October **NEW** Cornflake Tart Summer Lemon Cake Dessert with Yoghurt Mandarins Custard YAMASI **NEW** Chinese Yamas! *Roast Chicken with Roast **WEEK THREE** *Spaghetti Bolognaise 📢 Option one Vegetable Noodles Potatoes, Stuffing & Gravy **NEW ***Greek Chicken Pita with Seasoned Wedges 1 May Lentil & Sweet Potato Curry Vegan Spaghetti Vegan Quorn with Option two 22 May Bolognaise Stuffing, Roast Potatoes with Rice **NEW** Spinach & Cheese Whirl 19 June & Gravy with Seasoned Wedges

10 July 11 September 2 October

Vegetables

Dessert

Carrots Green Beans

Peaches with Ice Cream

Broccoli Sweetcorn

Carrot & Courgette Cake

NEW BEET Burger with

Sweetcorn

Chocolate Shortbread

Roasted Peppers Green Beans

Vanilla Shortbread with Yoahurt

MSC Fishfingers with Chips & Tomato Sauce

> Cheese & Red Pepper Frittata with Chips & Tomato Sauce

> > Peas Baked Beans

Chocolate Sponge with Chocolate Sauce

MENU KEY



Added Plant Power

Available Daily: freshly baked bread, organic yoghurt, a selection of fruit and salads.



Wholemeal



* Halal Alternative Available

Cauliflower

Carrots

Fresh Fruit Salad

Allergy Information

If your child has an alleray or intolerance please contact the School Office. You will be asked to complete the Caterlink special diets allergy form and provide NHS medical evidence of the allergies or intolerances before your child can receive a school meal. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.











