# WCCK 1





Vegan



22nd - St George's



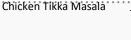
#### Monday

#### Tuesday

#### Wednesday

### Thursday

## Friday



Tomato, mozzarella and basil focaccia

(G, Mk)

Roast turkey in gravy

Macaroni cheese (Mk,G)

Breaded cod fish fingers (G,F)





Spinach sweet potato and lentil Dahl (G)

Cajun vegetable jambalaya with roasted pineapple

(Mu, Ce)

Roast Vegetarian loaf (E, Mk)

Five bean Chilli (E, Ce, G)

Penne pasta with grated courgette and Tomato sauce (G)









Roasted carrots

Steamed cabbage

Green beans

Baked beans

Courgettes

Broccoli

Steamed carrots

Roasted butternut squash

Garden peas

Pilau Rice

Potato Wedges

Roast potatoes

Mexican rice (Ce) Garlic bread

(G, So, Mk)

Oven baked chips



Natural yogurt (Mk, So)

· · · · Fresh fruit · · · · · ·

Sugar free orange and poppy seed drizzle cake Natural yogurt (Mk, So) . Fresh fruit

Raisin and banana cookie .(G, E, Mk). Fresh fruit

Natural yoghurt (Mk, So)

. Fresh fruit . . . . . . .



19th - Pirate's & Mermaid's Day

(Mk, E, G) Homemade bread, salad bar, cold desserts and fresh fruit are available daily

Dates **Week Commencing:** 13th June, 4th July

Ce = Celery Cr = Crustacean E = Eggs

F = FishG = Cerealscontaining Gluten Allergens

L = LupinMk = MilkMo = Molluscs Mu = MustardN = NutsP = Peanuts

Se = Sesame Seeds So = SoyaSu = Sulphur Dioxide WCCK 2





Vegan

Monday

Tuesday

Wednesday

Thursday

Friday



Jamaican Jerk Spiced Chicken

Vegetable lasagne (Mk, G)

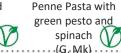
Beef sausages (G, Su)

Potato, cheese and onion puff pastry pie (G, Mk, E)

**Breaded** fish fillet (G,F)



Butternut squash and lentil stew



Quorn sausages (G, E, Mk)



Soya Mince and lentil Bolognaise

Mixed vegetables and stir fry noodles

**Baked Beans** 





Cauliflower

Courgette

Sweetcorn

Green beans

Carrots

Garden peas

Broccoli

Leeks Garden peas



Rice

Garlic bread (G, So, Mk)

Creamy mush potatoes (Mk)

Penne pasta (G)

Oven baked

chips



Natural yoghurt (Mk, So) Fresh fruit

Pineapple upside down cake (G, Mk, E) Fresh fruit

Natural yoghurt (Mk, So) Fresh fruit

Mixed Berry Flapjack (G, Mk) Fresh fruit

Natural yoghurt (Mk, So) Fresh fruit



Homemade bread, salad bar, cold desserts and fresh fruit are available daily

Dates **Week Commencing:** 20th June and 11th July

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Vegan

fog

Monday

Tuesday

Wednesday

Thursday

Friday



Pepperoni pizza (G, Mk) Roasted mixed pepper, wholemeal quiche (Mk ,E ,G)

Roast Chicken

Spanish frittata with onion ,spinach and cheddar (Mk, E)

Breaded fish fingers (G,F)

VEGGIE MENT FREE

Lentil vegetable pie (G)

Vegetable Biryani

Quorn Fillets (G, E) Veggie burger in a bun (G, Se) Vegetarian sausage roll (G, Mk, E)



VLG EXTRA GOOD

Peas Cauliflower Garden peas
Carrots

Rice

Roasted Mediterranean vegetable, Steamed Cabbage

Roast potatoes

Chef's salad
Sweetcorn

Seasoned

baked wedges

Baked beans

Garden peas

Oven baked

chips

CARBS FUEL FOOD

> Natural yoghurt (Mk, So) Fresh fruit

Wedges

Chocolate and vanilla marble cake (Mk,E,G) Fresh fruit

Natural yoghurt (Mk, So) Fresh fruit Baked Blueberry cheesecake (G, Mk, E) Fresh fruit

Natural yoghurt (Mk, So) Fresh fruit





Mermaid's Day

JULY COUS-COUS



## Homemade bread, salad bar, cold desserts and fresh fruit are available daily

Week Commencing: 27th June and 18th July

SOMETHING SWEET

Ce = Celery Cr = Crustacean E = Eggs F = Fish G = Cereals containing Gluten allergens

L = Lupin Mk = Milk Mo = Molluscs Mu = Mustard N = Nuts P = Peanuts Se = Sesame Seeds So = Soya Su = Sulphur Dioxide