

# PRINCIPALS LUNCH MENU

EVERY DAY WE HAVE FRESHLY BAKED BREAD!

	DAY	MAINS		SIDES	PUDDINGS	
		VEGETARIAN	MEAT			
WEEK 1	24/02/20 16/03/20	MONDAY	MIXED BEAN BURRITO <sup>(3)</sup> & WEDGES	NEAPOLITAN PASTA <sup>(3)</sup>	GARLIC BREAD <sup>(1,3,6,11)</sup> , SWEETCORN & PEPPERS, MIXED SALAD	LIGHT, FLUFFY STRAWBERRY MOUSSE <sup>(1)</sup>
	13/04/20	TUESDAY	BUTTERNUT SQUASH, SPINACH & LENTIL DAHL <sup>(3)</sup>	CHICKEN KORMA <sup>(1)</sup>	LEMON & CORIANDER RICE, CUMIN SPICED CAULIFLOWER WINGS <sup>(3)</sup> , CUCUMBER & MINT SALAD, CURRY BREAD <sup>(1,3,6,11)</sup>	GIANT OAT COOKIE <sup>(3)</sup>
	04/05/20 01/06/20	WEDNESDAY	COURGETTE, PEA & MINT FRITTATA <sup>(11)</sup>	ROAST BRITISH GAMMON & GRAVY	SKIN-ON ROAST POTATOES, CARROTS, PEAS, HERBY LOAF <sup>(1,3,6,11)</sup>	RAINBOW FRUIT SALAD
	22/06/20	THURSDAY	SPICY CARROT BALLS <sup>(3)</sup> & RED PEPPER HUMMUS	ITALIAN BEEF & BEAN HOTPOT	STEAMED BROCCOLI, TOMATO & SQUASH TABBOULEH SALAD <sup>(3)</sup> , BEETROOT LOAF <sup>(1,3,6,11)</sup>	STICKY TOFFEE APPLE PUDDING <sup>(1,11)</sup> & CUSTARD <sup>(1)</sup>
	13/07/20	FRIDAY	PIZZA CHOICE <sup>(1,3,6,11)</sup> FISHCAKES <sup>(2,3)</sup>	FISH FINGERS <sup>(2,3)</sup> /SALMON	CHIPS, PEAS, BAKED BEANS, SQUASH & BASIL BREAD <sup>(1,3,6,11)</sup>	CHERRY & PINEAPPLE FLAPJACK <sup>(3,12)</sup>
WEEK 2	02/03/20	MONDAY	5 BEAN JAMBALAYA	CHEESY PASTA BAKE <sup>(1,3,14)</sup>	GREEN BEAN PROVENCALE, SWEET CHILLI RAINBOW SLAW, CARAMELISED RED ONION BREAD <sup>(1,3,6,11)</sup>	LEMON & CUCUMBER CAKE <sup>(3,11)</sup>
	23/03/20 20/04/20	TUESDAY	BUTTERNUT SQUASH, CARROT & CHICKPEA ROSTI	CHICKEN MEATBALLS <sup>(3)</sup> , TOMATO SAUCE & PENNE <sup>(3)</sup>	GARLIC & HERB FOCACCIA <sup>(1,3,6,11)</sup> , BROCCOLI, TOMATO & BASIL SALAD	SEASONAL FRUIT CRUMBLE <sup>(3)</sup> & CUSTARD <sup>(1)</sup>
	11/05/20	WEDNESDAY	SPINACH, SWEET POTATO & CHEESE SAUSAGE ROLL <sup>(1,3,11)</sup>	ROAST BRITISH PORK & GRAVY	SKIN-ON ROAST POTATOES, SPRING GREENS, BASHED CARROTS & SWEDE, SAGE & ONION LOAF <sup>(1,3,6,11)</sup>	UNICORN FRUIT JELLY
	08/06/20 29/06/20	THURSDAY	VEGETABLE MOUSSAKA <sup>(1,3,6)</sup>	CHILLI CON CARNE & RICE	CARROTS, ROAST CORN, PEPPER & CORIANDER SALAD, CHEESE & ONION BREAD <sup>(1,3,6,11)</sup>	CHOCOLATE ORANGE COOKIE <sup>(3)</sup>
	20/07/20	FRIDAY	TANGY TOMATO & HERB PASTA <sup>(3)</sup>	BATTERED FISH <sup>(1,2,3)</sup>	CHIPS, PEAS, BAKED BEANS, TOMATO, BASIL & PAPRIKA BREAD <sup>(1,3,6,11)</sup>	BANANA LOAF <sup>(3,11)</sup> & CUSTARD <sup>(1)</sup>
WEEK 3	09/03/20	MONDAY	MIXED BEAN CHILLI & RICE	RAINBOW PIZZA <sup>(1,3,6,11)</sup>	GARLIC & HERB TORTILLA CHIPS <sup>(3)</sup> , SWEETCORN, CELERY <sup>(3)</sup> , APPLE & SULTANA SALAD <sup>(1)</sup>	FRUIT WEDGES
	30/03/20 27/04/20	TUESDAY	CHEDDAR, LEEK & POTATO BAKED OMELETTE <sup>(1,11)</sup>	HERBY SAUSAGE ROLL <sup>(3,11,12)</sup>	BAKED WEDGES, RATATOUILLE VEGETABLES, MIXED SALAD, BLACK OLIVE & THYME BREAD <sup>(1,3,6,11)</sup>	SHORTBREAD BISCUIT <sup>(3)</sup>
	18/05/20 15/06/20	WEDNESDAY	BEETROOT BURGER <sup>(3)</sup> & SWEET CHILLI SAUCE	ROAST BRITISH TURKEY & GRAVY	SKIN-ON ROAST POTATOES, BRAISED RED CABBAGE, CARROTS, ROSEMARY LOAF <sup>(1,3,6,11)</sup>	INDULGENT CHOCOLATE RICE PUDDING <sup>(1)</sup>
	06/07/20	THURSDAY	SWEET POTATO, LEEK & SPICED LENTIL PASTY <sup>(3)</sup>	COWBOY HASH	VEGETABLE RICE, GREEN BEANS, CORONATION SLAW <sup>(11)</sup> CHEESE & TOMATO BREAD <sup>(1,3,6,11)</sup>	PINEAPPLE UPSIDE-DOWN CAKE <sup>(3,11)</sup> & CUSTARD <sup>(1)</sup>
		FRIDAY	ROASTED PEPPER & CHEESE QUESADILLA <sup>(1,3)</sup> , TOMATO SALSA	FISH FINGERS <sup>(2,3)</sup>	CHIPS, PEAS, BAKED BEANS, TARRAGON BREAD <sup>(1,3,6,11)</sup>	PEAR & CHOCOLATE BROWNIE <sup>(3,11)</sup>

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

