

Spring Summer MENUS 2020

STRADBROKE PRIMARY

Week One Dates 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10, 26/10

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef & Tomato Meatballs with Pasta & Arrabiata Sauce	Cheesy Topped Chicken Fillet & Baked New Potatoes	Roast of the Day with Stuffing, Roast Potatoes & Gravy	Hunters Chicken Flatbread	Baked Fish Finger & Chips
Vegetarian Main Meal	Mexican Quorn Fajitas & Potato Wedges	Vegetable Curry & Wholegrain Rice	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Wholemeal Cheese & Tomato Pizza with ½ Jacket Potatoes	Mediterranean Vegetable Lasagne & Crusty Bread
Vegetable Selection	Garden Peas Carrots	Sweetcorn Broccoli	Cauliflower Savoy Cabbage	Carrots Roasted Vegetables	Baked Beans Garden Peas
Jacket Potato & Pasta	Pasta with a Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Pasta with a Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Pasta with a Tomato Sauce
Dessert	Lemon Drizzle Cake	Chocolate Crispy Cake	Toffee Ice & Banana Slices	Fruit Sponge & Custard	Sultana & Cherry Flapjack with Apple Wedges

Week Two Dates 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Toad in the Hole with Mash & Gravy	Chinese Style Chicken Chow Mein Noodles	Roast of the Day with Yorkshire Pudding, Roast Potatoes & Gravy	Sticky Barbecue Pork with Wholegrain Rice	Crispy Battered Fish & Chips
Vegetarian Main Meal	Macaroni Cheese Topped with Crispy Croutons	Wholemeal Cheese & Tomato Pizza with ½ Jacket Potato	Veggie Sausages with Yorkshire Pudding, Roast Potatoes & Gravy	Tomato & Basil Pasta with Garlic Bread	Quorn & Vegetable Taco with Lettuce & Salsa
Vegetable Selection	Green Beans Carrots	Sweetcorn Roasted Summer Vegetables	Peas Carrots	Spring Cabbage Cauliflower	Baked Beans Garden Peas
Jacket Potato & Pasta	Pasta with a Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Pasta with a Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Pasta with a Tomato Sauce
Dessert	Frozen Strawberry Ice & Apple Slices	Banana Traybake & Custard	Fruit & Jelly	Ginger Biscuit & Orange Wedges	Chocolate Cookie

Week Three Dates 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Burger in a Bun & Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Roast of the Day with Stuffing, Roast Potatoes & Gravy	Smoky Pulled Chicken Wrap & Potato Wedges	Baked Fish Fingers & Chips
Vegetarian Main Meal	Veggie Burrito & Baked New Potatoes	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Vegetarian Pasta Carbonara & Garlic Bread	Veggie Sausage Hotdog & Chips
Vegetable Selection	Sweetcorn Carrots	Green Beans Broccoli	Savoy Cabbage Cauliflower	Roasted Carrots Roast Peppers & Sweetcorn	Baked Beans Garden Peas
Jacket Potato & Pasta	Pasta with a Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Pasta with a Cheese Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Pasta with a Tomato Sauce
Dessert	Apple Sponge & Custard	Chocolate Brownie	Jelly & Ice cream	Iced Carrot Cake & Orange Wedges	Toffee Cream Tart

Pick and Mix Selection

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily