

# Spring 2017 Menu (Revised 15 May 2017)

## Week 1 - 5/6, 26/6, 17/7



	Italian Monday	Family Favourites Tuesday	Traditional Wednesday	FPS Pupils Choice Thursday	Fun Day Friday
<b>Hot Main Dish</b>	<b>Cheese &amp; Tomato Pizza</b>  Carrots and Peas	<b>Country Chicken Pie with New Potatoes</b> Vegetables and Chickpeas in a Creamy Sauce topped with Pastry  Sweetcorn and Broccoli	<b>Roast Gammon and Bud's Crispy Spuds With Gravy</b>  Carrots and Seasonal Cabbage	<b>Sweet &amp; Sour Chicken</b> with Rice  Mixed Vegetables and Green Beans	<b>Golden Fish Fingers</b> Chips  Baked Beans and Peas
<b>Alternative Hot Dish</b>	<b>Cheese and Broccoli Bake</b>  Carrots and Peas	<b>Pasta Packs Neapolitan Cheesy Pasta</b> with Tomatoes and Cheese  Sweetcorn and Broccoli	<b>Super Quorn Roast Quorn Roast with Roast Potatoes with Gravy</b>  Carrots and Seasonal Cabbage	<b>Sweet &amp; Sour Quorn</b> with Rice  Mixed Vegetables and Green Beans	<b>Vegetable Curry and Chickpea Wrap</b> with Chips Curried Vegetables with Chickpeas and Rice in a Flour Wrap Baked Beans and Peas
<b>Salad</b>	Selection of Salads Daily				
<b>Jacket Potato Bar</b>	Beef Bolognese or Baked Beans	Tuna Crunch or Cheese	Chicken Mayo or Baked Beans	Veggie chilli or cheese	Apple Slaw or Baked Beans
<b>Dessert Options</b>	Chocolate Sponge and Mandarin Sponge with Chocolate Sauce or Fresh Fruit Yoghurt	Crunchy Plum Crumble* with Custard or Fresh Fruit Yoghurt	Berry Chill or Fresh Fruit Yoghurt	Oatie Biscuit With Milk Fresh Fruit Selection Yoghurt	Ice-cream Pot Fresh Fruit Yoghurt

Cool Water, Fresh Fruit and Yoghurt served daily

\*Fruit Based \*\*Wholegrain

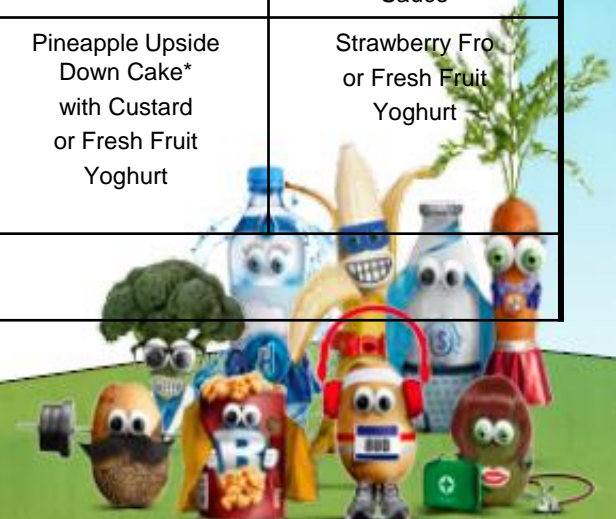


# Spring 2017 Menu (Revised 15 May 2017)

## Week 2 - 15/5, 12/6, 3/7



	Italian Monday	Family Favourites Tuesday	Traditional Wednesday	FPS Pupils Choice Thursday	Fun Day Friday
<b>Hot Main Dish</b>	<b>Macaroni Cheese</b> Broccoli and Carrots	<b>Chunky Chicken Bites</b> with Chips Home Made Breaded Chicken Peas and Tomato Salsa	<b>Roast Chicken with Bud's Mash</b> with Gravy Cauliflower and Seasonal Cabbage	<b>Turkey Burger in a Bun</b> with Potato Wedges  Peas and Carrots	<b>Crispy Salmon Fillet Or Golden Fish Fingers</b> with Chips  Baked Beans and Sweetcorn
<b>Alternative Dish</b>	<b>Vege Balls in Tomato Sauce with Rice</b> Vegetarian Meatballs in a rich Tomato Sauce Broccoli and Carrots	<b>Cheese and Red Onion Quiche</b> with Chips  Peas and Tomato Salsa	<b>Quorn Roast</b> with Mash Potato & Gravy Cauliflower and Seasonal Cabbage	<b>Quorn Wraps</b> with Potato Wedges  Peas and Carrots	<b>Vegetable Lasagne</b> with Chips  Baked Beans and Sweetcorn
<b>Salad Selection</b>	Selection of Salads Daily				
<b>Jacket Potato Bar</b>	Veggie Balls or Cheese	Chicken Mayo or Baked Beans	Veggie Mince or Cheese	Tuna Mayo or Cheese	Baked Beans or Vegetable and Tomato Sauce
<b>Dessert Options</b>	Berry Flapjack With Custard or Fresh Fruit Yoghurt	Biscuit's with Milk or Fresh Fruit Yoghurt	Mini Brownie with Banana Slices* or Fresh Fruit Yoghurt	Pineapple Upside Down Cake* with Custard or Fresh Fruit Yoghurt	Strawberry Fro or Fresh Fruit Yoghurt
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain					



# Spring 2017 Menu (Revised 15 May 2017)

## Week 3 - 22/5, 19/6, 10/7



	Italian Monday	Family Favourites Tuesday	Traditional Wednesday	FPS Pupils Choice Thursday	Fun Day
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza</b> with Tomatoes and Mozzarella  Oven Baked Wedges, Peas and Baked Beans	<b>Sausages with a Mash Mountain</b> Pork Sausages with a Creamy Mash and Gravy Mixed Vegetables and Green Beans	<b>Roast Turkey with Bud's Crispy Spuds with Gravy</b>  Seasonal Cabbage and Carrots	<b>Chicken Wraps</b>  Sweetcorn and Broccoli	<b>Breaded Fish Fingers with Chips</b>  Baked Beans and Crunchy Coleslaw
<b>Alternative Dish</b>	<b>Pasta Pack's Tomato &amp; Basil Pasta**</b> Rich Tomato and Basil Sauce with Wholemeal Pasta  Peas and Baked Beans	<b>Vegetarian Bangers with a Mash Mountain</b> Vegetarian Sausages with a Creamy Mash and Gravy Mixed Vegetables and Green Beans	<b>Quorn Roast with Bud's Crispy Spuds and Gravy</b>  Seasonal Cabbage and Carrots	<b>Spaghetti with Tomato Sauce</b>  Sweetcorn and Broccoli	<b>Cheese &amp; Potato Bake with Chips</b>  Baked Beans and Coleslaw
<b>Salad Selection</b>	Selection of Salads available Daily				
<b>Jacket Potato Bar</b>	Cheese or Baked Beans	Tuna and Sweetcorn or Sausage and Tomato Casserole	Turkey Mayo or Cheese	Beef Bolognese or Baked Beans	Cheese or Crunchy Light Coleslaw
<b>Desserts</b>	Silvertop's Cool Ice-Cream Pot or Fresh Fruit Yoghurt	Raspberry Loaf Cake with Custard or Fresh Fruit Yoghurt	Chocolate Crispy Fresh Fruit Yoghurt	Iced Fruit Sponge Fresh Fruit Yoghurt	Oatie Apple Crumble* with Custard Fresh Fruit Yoghurt
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain					

