## Spring Menu 2020

### Week One
6th Jan - 9th March
- **Monday**
  - Option 1: Fishfingers/Salmon Fishfingers with New Potatoes
  - Vegetables: Sweetcorn, Green Beans
  - Dessert: Apple Flapjack, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Tuesday**
  - Option 1: Fishfingers/Salmon Fishfingers with New Potatoes
  - Option 2: Lentil and Sweet Potato Curry with Rice
  - Vegetables: Cauliflower, Broccoli
  - Dessert: Apple Flapjack, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Wednesday**
  - Option 1: Fishfingers/Salmon Fishfingers with New Potatoes
  - Option 2: Lentil and Sweet Potato Curry with Rice
  - Vegetables: Cauliflower, Broccoli
  - Dessert: Apple Flapjack, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Thursday**
  - Option 1: Fishfingers/Salmon Fishfingers with New Potatoes
  - Option 2: Lentil and Sweet Potato Curry with Rice
  - Vegetables: Cauliflower, Broccoli
  - Dessert: Apple Flapjack, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Friday**
  - Option 1: Fishfingers/Salmon Fishfingers with New Potatoes
  - Option 2: Lentil and Sweet Potato Curry with Rice
  - Vegetables: Cauliflower, Broccoli
  - Dessert: Apple Flapjack, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich

### Week Two
13th Jan - 16th March
- **Monday**
  - Option 1: Breaded Fish with New Potatoes
  - Vegetables: Sweetcorn, Tomatoes
  - Dessert: Oaty Pear Crumble with Custard
  - Sandwich: Ham Sandwich
- **Tuesday**
  - Option 1: Breaded Fish with New Potatoes
  - Option 2: Vegetarian Stir Fry with Rice
  - Vegetables: Peas, Cauliflower
  - Dessert: Oaty Pear Crumble with Custard
  - Sandwich: Ham Sandwich
- **Wednesday**
  - Option 1: Breaded Fish with New Potatoes
  - Option 2: Vegetarian Stir Fry with Rice
  - Vegetables: Peas, Cauliflower
  - Dessert: Oaty Pear Crumble with Custard
  - Sandwich: Ham Sandwich
- **Thursday**
  - Option 1: Breaded Fish with New Potatoes
  - Option 2: Vegetarian Stir Fry with Rice
  - Vegetables: Peas, Cauliflower
  - Dessert: Oaty Pear Crumble with Custard
  - Sandwich: Ham Sandwich
- **Friday**
  - Option 1: Breaded Fish with New Potatoes
  - Option 2: Vegetarian Stir Fry with Rice
  - Vegetables: Peas, Cauliflower
  - Dessert: Oaty Pear Crumble with Custard
  - Sandwich: Ham Sandwich

### Week Three
20th Jan - 23rd March
- **Monday**
  - Option 1: Barbecued Fish with New Potatoes
  - Vegetables: Sweetcorn, Broccoli
  - Dessert: Oaty Cookie, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Tuesday**
  - Option 1: Barbecued Fish with New Potatoes
  - Option 2: Mexican Beans with Rice
  - Vegetables: Sweetcorn, Broccoli
  - Dessert: Oaty Cookie, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Wednesday**
  - Option 1: Barbecued Fish with New Potatoes
  - Option 2: Mexican Beans with Rice
  - Vegetables: Sweetcorn, Broccoli
  - Dessert: Oaty Cookie, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Thursday**
  - Option 1: Barbecued Fish with New Potatoes
  - Option 2: Mexican Beans with Rice
  - Vegetables: Sweetcorn, Broccoli
  - Dessert: Oaty Cookie, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich
- **Friday**
  - Option 1: Barbecued Fish with New Potatoes
  - Option 2: Mexican Beans with Rice
  - Vegetables: Sweetcorn, Broccoli
  - Dessert: Oaty Cookie, Yoghurt, Fresh Fruit
  - Sandwich: Ham Sandwich

### Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

### Allergy Information:
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. 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.