

## St Micheals Spring/ Summer Menu 2022



feeding the imagination		Monday	Tuesday	Wednesday	Thursday	Friday
<b>WC 28/02/22</b> <b>WC 21/03/22</b> <b>WC 25/04/22</b> <b>WC 16/05/22</b> <b>WC 13/06/22</b> <b>WC 04/07/22</b> <b>WC 29/08/22</b> <b>WC 19/09/22</b> <b>WC 10/10/22</b>	Option 1	Tomato & Vegetable Pasta 🌱	Beef Burger in a Bun with Potato Wedges	Roast Gammon, Roast Potatoes & Gravy	BBQ Chicken Pasta 🌍🌾	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice 🌱🌾	Vegetable Wellington with Roast Potatoes & Gravy 🌱	Broccoli & Cheese Pasta Bake	Vegan Mexican Roll with Chips & Tomato Sauce 🌱
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack 🌾🌱	Fresh Fruit & Yoghurt Vanilla Sponge	Orange & Cinnamon Cookie 🌱	Peaches & Ice Cream
		Or a choice of Yoghurt & Fresh Fruit available daily				
<b>WC 07/03/22</b> <b>WC 28/03/22</b> <b>WC 02/05/22</b> <b>WC 23/05/22</b> <b>WC 20/06/22</b> <b>WC 11/07/22</b> <b>WC 05/09/22</b> <b>WC 26/09/22</b> <b>WC 17/10/22</b>	Option 1	Macaroni Cheese	Spaghetti Bolognaise (No Lentils) 🌍	Roast Chicken, Roast Potatoes, Stuffing & Gravy	BBQ Chicken Pizza 🌾	Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice 🌾🌱	Vegan Spaghetti Bolognaise 🌱	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 🌱	Vegan Burger in a Bun with Wedges & Tomato Sauce 🌱	Cheese & Bean Pasty with Chips
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 🌾	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Vanilla Sponge	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
		Or a choice of Yoghurt & Fresh Fruit available daily				
<b>WC 14/03/22</b> <b>WC 04/04/22</b> <b>WC 09/05/22</b> <b>WC 06/06/22</b> <b>WC 27/06/22</b> <b>WC 18/07/22</b> <b>WC 12/09/22</b> <b>WC 03/10/22</b>	Option 1	Cheese & Tomato Pizza 🌾	Beef Lasagne with Garlic Bread 🌍	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Falafel with Lemon & Herb Couscous 🌱	Vegetable Enchiladas with Rice 🌾	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 🌱	Vegan Sausage Hot Dog with Potato Wedges 🌱	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 🌱	Fresh Fruit & Yoghurt Vanilla Sponge	Pineapple Loaf with Custard	Chocolate Shortbread 🌱
		Or a choice of Yoghurt & Fresh Fruit available daily				

### 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 you would like to know about particular allergens in foods 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.

## Spring/ Summer Menu 2022 Option B

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>WC 28/02/22</b> <b>WC 21/03/22</b> <b>WC 25/04/22</b> <b>WC 16/05/22</b> <b>WC 13/06/22</b> <b>WC 04/07/22</b> <b>WC 29/08/22</b> <b>WC 19/09/22</b> <b>WC 10/10/22</b>	Option 1	Tomato Pasta #V160 #SD11	Beef Burger in a Bun with Potato Wedges #B5 #SD17 #SD6	Roast Gammon, Roast Potatoes & Gravy #P5 #SD7/#SD82 #SD107	BBQ Chicken Pasta #C72	Breaded Fish with Chips & Tomato Sauce #F7 #SD5 #SD14
	Option 2	Spanish Omelette with New Potatoes #V9 #SD2	BBQ Quorn Fillet with Rice #V205 #SD84	Vegetable Wellington with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD107	Broccoli and Cheese Pasta Bake #V51	Vegan Mexican Roll with Chips & Tomato Sauce #V161 #SD5
	Vegetables	Cucumber #SD30 Rainbow Slaw #SD92	Sweetcorn #SD19 Mixed Peppers #SD26	Cabbage #SD35 Broccoli #SD20	Green Beans #SD24 Carrots #SD28	Peas #SD18 Baked Beans #SD22
	Dessert	Carrot & Courgette Cake with Custard #D174 #D2	Apple & Raisin Flapjack #D59	Fresh Fruit & Yoghurt Vanilla Sponge #D193	Orange & Cinnamon Cookie #D195	Peaches & Ice Cream #D166 #D13
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>WC 07/03/22</b> <b>WC 28/03/22</b> <b>WC 02/05/22</b> <b>WC 23/05/22</b> <b>WC 20/06/22</b> <b>WC 11/07/22</b> <b>WC 05/09/22</b> <b>WC 26/09/22</b> <b>WC 17/10/22</b>	Option 1	Macaroni Cheese #V11	Spaghetti Bolognese #B37 #SD8 (No Lentils)	Roast Chicken, Roast Potatoes, Stuffing & Gravy #C5 #SD7/ #SD82 #SD40 #SD107	BBQ Chicken Pizza with Potato Wedges #C83 #SD6	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce #F6/F1 #SD5 #SD14
	Option 2	Vegetable Curry with Rice #V108 #SD84	Vegan Spaghetti Bolognese #V169 #SD8	Roast Quorn, Roast Potatoes, Stuffing, & Gravy #V204 #SD7/ #SD82 #SD40 #SD107	Vegan Burger in a Bun with Wedges & Tomato Sauce #V164 #SD17 #SD6 #SD14	Cheese & Bean Pasty with Chips #V191 #SD5
	Vegetables	Sweetcorn #SD19 Cauliflower #SD27	Mixed Peppers #SD26 Green Beans #SD24	Carrots #SD28 Peas #SD18	Broccoli #SD20 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
	Dessert	Apple & Berry Crumble with Ice Cream #D74 #D13	Lemon Drizzle Cake #D168	Fresh Fruit & Yoghurt Vanilla Sponge #D193	Chocolate & Beetroot Brownie with Chocolate Sauce #D169 #D3	Apple, Cheese & Crackers #D4
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>WC 14/03/22</b> <b>WC 04/04/22</b> <b>WC 09/05/22</b> <b>WC 06/06/22</b> <b>WC 27/06/22</b> <b>WC 18/07/22</b> <b>WC 12/09/22</b> <b>WC 03/10/22</b>	Option 1	Falafel with Lemon & Herb Couscous #V178 #SD73	Beef Lasagne with Garlic Bread #B39 #SD50	Roast Turkey, Roast Potatoes & Gravy #T1 #SD7/#SD82 #SD107	Pork Sausage Hot Dog with Potato Wedges #P3 #SD33 #SD6	Fish in Batter with Chips & Tomato Sauce #F3 #SD5 #SD14
	Option 2	Cheese & Tomato Pizza #V203	Vegetable Enchiladas with Rice #V20	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy #V135 #SD7/#SD82 #SD107	Vegan Sausage Hot Dog with Potato Wedges #V182 #SD33 #SD6	Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5
	Vegetables	Green Beans #SD24 Carrot & Beetroot Slaw #SD58	Coleslaw #SD47 Sweetcorn #SD19	Carrot #SD28 Broccoli #SD20	Sweetcorn #SD19 Tomato Salsa #SD56	Peas #SD18 Baked Beans #SD22
	Dessert	Lemon & Mixed Berry Cake #D183	Raspberry Jelly & Mandarins #D12	Fresh Fruit & Yoghurt Vanilla Sponge #D193	Pineapple Loaf with Custard #D164 #D2	Chocolate Shortbread #D80
	Or a choice of Yoghurt & Fresh Fruit available daily					

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