

Summer Menu C 2024



Menu C	Main	Ingredients	Alternative Main	Ingredients (Alternative Main)	Side Dish	Pudding
Monday	Shredded Chicken Rice Salad	Wholegrain rice, shredded chicken, vegan mayonnaise, sweetcorn, grated carrot, grated cheese (M) (D)	Rice Salad	Wholegrain rice, shredded spinach leaves, vegan mayonnaise, sweetcorn, grated carrot, grated vegan cheese		See individual settings menu for puddings
Tuesday	Veggie Puff Pastry Pockets	Puff pastry, roasted peppers, roasted broccoli	Gluten Free Veggie Puff Pastry Pockets	GF puff pastry, roasted peppers, roasted broccoli		See individual settings menu for puddings
Wednesday	Salmon with Rice Noodles	Salmon, rice noodles, plant butter, roasted green beans (F) (G)	Rice Noodles with Roasted Veg	GF rice noodles, plant butter, roasted green beans and cherry tomatoes (T)		See individual settings menu for puddings
Thursday	Build your own Pizza	Puff pastry, passata, cheese, turkey breast, roasted cherry tomatoes, basil, courgettes (G) (D) (M) (T)	Build your own Pizza (Vegan style)	GF puff pastry, passata, vegan cheese, roasted cherry tomatoes, basil, courgettes, aubergine (T)		See individual settings menu for puddings
Friday	That's a Wrap!	Wholemeal pitta bread, plant butter, cheese, chicken, ham, roasted tomatoes, cucumber (G)	That's a Wrap!	Wholemeal pitta bread, plant butter, vegan cheese, roasted mushrooms, broccoli, and cauliflower (G)		See individual settings menu for puddings

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains Gluten PU Contains pulses/beans/legumes S = Contains Soya SD = Contains sulphur Dioxide T = Contains Tomato MU = Contains Mustard M = Meat

All of these dishes are free from peanuts, tree nuts, sesame seeds, lupin, crustaceans and molluscs.