

## Principals Menu Summer Term 2023

**Name:**

**Year :**

	Day	Meat	Vegetarian	Sides	Puddings
<b>Week 1</b>	<b>Monday</b>	Quorn in BBQ sauce	Mexican veggie tostada	50/50 rice & broccoli	Ginger biscuit
	<b>Tuesday</b>	Jacket potato with sausage & bean casserole	Jacket potato with rich cauliflower cheese	Sweetcorn	Fruity cornflake cake
	<b>Wednesday</b>	Herby roast chicken & gravy	Broccoli and red pepper pie	Skin on roasties, cabbage & carrots	Chocolate cake
	<b>Thursday</b>	Spaghetti bolognaise	Tomato, lentil and herb 50/50 pasta	Peas	Fruit & forest berry crumble
	<b>Friday</b>	Fish fingers	BBQ spiced vegetable 50/50 rice bake	Chips & baked beans	Yoghurt
<b>Week 2</b>	<b>Monday</b>	Classic mac & cheese	Sweet & spicy bean tagine with herby 50/50 rice	Sweetcorn	Berry cookie
	<b>Tuesday</b>	Chicken stir fry	Soft corn taco	50/50 rice & broccoli	Sticky upside down fruit sponge
	<b>Wednesday</b>	Roast chicken & gravy	Red lentil, carrot & pea falafel loaf with gravy	Skin on roasties, cauliflower & carrots	Chocolate mousse
	<b>Thursday</b>	Beef burger in a bun with ketchup	Cheesy bean burger with ketchup	Wedges & coleslaw	Fresh fruit salad OR yoghurt
	<b>Friday</b>	Battered fish fillet	Roasted vegetable & cheddar tortilla	Chips & baked beans	Caramel apple flapjack
<b>Week 3</b>	<b>Monday</b>	Double cheese pizza	Vegan sausage with BBQ beans	Baked new potatoes, baked beans & coleslaw	Shortbread biscuit
	<b>Tuesday</b>	Beefy pasta bake	Crispy crumb topped spring vegetable 50/50 pasta bake	Sweetcorn	Chocolate & pear drizzle pudding
	<b>Wednesday</b>	Chicken tikka masala	Cauliflower & lentil curry	50/50 rice & broccoli	Steamed zesty lemon cake
	<b>Thursday</b>	Sausage plait with gravy	Sweet potato and butterbean cake with fresh tomato sauce	Zero waste roasties & peas	Yoghurt
	<b>Friday</b>	Fish fingers OR salmon fishcakes	Roasted pepper calzone wholemeal pizza	Chips & baked beans	School cake