Sutton Spring/ TUESDAY WEDNESDAY THURSDAY FRIDAY MONDAY **Summer Menu 2023 WEEK ONE** MSC Fishfingers with Chips *Beef Lasagne with Option one Cheese & Tomato Pizza *Roast Pork, Roast *BBQ Chicken with & Tomato Sauce Garlic Bread Potatoes & Gravy with Wedges (f) Rice 17 April Crunchy Topped **NEW** Sweet Potato & Mexican Bean Roll with 8 May Wholemeal Vegetable BBQ Vegan Quorn with Option two Vegetable Bake with New Spinach Flan with Roast Chips & Tomato Sauce 5 June Pasta Bake Rice **Potatoes** Potatoes 26 June Vegetables Broccoli Green Beans Carrot & Swede Mash Broccoli Peas 17 July Roasted Tomatoes Carrots Cabbage Peas Baked Beans 28 August 18 September Oaty Cookie Iced Vanilla Sponge with Fruit Jelly with Peaches Fresh Fruit Salad **NEW** Syrup Snap Biscuit Dessert with Yoahurt 9 October Custard with Yoghurt **WEEK TWO** *Pork Sausage Hot Dog *Chicken Korma with Rice *Roast Beef with Roast Option one Macaroni Cheese with Potato Wedges Potatoes & Gravy 24 April Vegetable Wellington Vegan Sausage Hot Dog Potato and Courgette Vegan Meatball 15 May Option two with New Potatoes & Laver Bake with Potato Wedges Pasta Bake 12 June Gravy 3 July Cabbage Peas Broccoli Broccoli Vegetables 4 September Green Beans Carrots **Roasted Tomatoes** Carrots 25 September Fruit Jelly with Peach Crumble with 16 October Summer Lemon Cake **NEW** Cornflake Tart Dessert Custard Mandarins Yamas! YAMASI **NEW** Chinese *Roast Chicken, Roast **WEEK THREE** *Spaghetti Bolognaise 📢 Option one Vegetable Noodles Potatoes, Stuffing & Gravy **NEW ***Greek Chicken Pita with

22 May 10 July 11 September 2 October

Option two

Vegetables

Dessert

Lentil & Sweet Potato Curry

with Rice

Carrots Green Beans

Peaches with Ice Cream

Vegan Spaghetti

Bolognaise

Broccoli Sweetcorn

Carrot & Courgette Cake

MSC Salmon Fishfingers with Chips & Tomato Sauce

NEW BEET Burger with Chips & Tomato Sauce

> Sweetcorn Baked Beans

Chocolate Shortbread with Yoahurt

Seasoned Wedges

NEW Spinach & Cheese Whirl with Seasoned Wedges

> Roasted Peppers Green Beans

Vanilla Shortbread with Yoghurt

MSC Fishfingers with Chips & Tomato Sauce

> Cheese & Red Pepper Frittata with Chips & Tomato Sauce

> > Peas Baked Beans

Chocolate Sponge with Chocolate Sauce

MENU KEY



Added plant power



Wholemeal



Vegan

* Halal Alternative

Vegan Quorn with

Stuffing, Roast Potatoes

& Gravy

Cauliflower

Carrots

Fresh Fruit Salad

Available

- Jacket Potatoes with a choice of fillings (where advertised), freshly baked bread, organic yogurt, a selection of fruit and salads.





Allergy Information

If your child has an alleray or intolerance please contact the School Office. You will be asked to complete the Caterlink special diets allergy form and provide NHS medical evidence of the allergies or intolerances before your child can receive a school meal. 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.













