

Spring/Summer Menu 2023 week 1	Monday	Save the Planet Tuesday	Allergen Free Wednesday	Climate Change Thursday	Friday	
<b>CHOICE 1</b>	Crunchy Carrot Curry (ve)	Planet Pizza Wedge (ve)	Stuffed Pepper (ve)	<i>George Tomlinson School Favourite</i> Pasta Shells in a Creamy Roasted Tomato Sauce (ve)	Sweet Potato Wrap (ve)	
<b>CHOICE 2</b>	Bubble Crumb Salmon Fillet	Planet Pizza Wedge (v)	Spiced Chickpea & Sweet Potato Pilaf (ve)	Homemade Cheddar Cheese & Sweetcorn Quiche (v)	MSC Fish Fingers	
<b>CHOICE 3</b>	Beef Lasagne	Jacket Potato with Various Fillings (v)(ve)	Homemade Meatballs	Jacket Potato with Various Fillings (v)	Sticky Chicken	
<b>Sides</b>	Indian Style Rice (ve) Creamy Mashed Potato (v)	Skin On Baked Wedges (ve)	Italian Rice (ve)	Steamed New Potatoes (ve)	Oven Baked Chips (ve)	
<b>Vegetables</b>	Sweetcorn (ve) Garden peas (ve)	Mixed Vegetables (ve) Seasonal Fresh Broccoli (ve)	Roasted Organic Carrots with Thyme (ve) Green Beans (ve)	Sweetcorn (ve) Pan Fried Courgettes (ve)	Baked Beans (ve) Minted Garden Peas (ve)	
<b>Salads</b>	Salad Selection (v)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (v)	
<b>Desserts</b>	Peaches & Custard (v)(ve)	Homemade Shortbread Biscuit with Wedge of Fresh Orange (ve)	Fruity Jelly Pot (ve)	Carrot Cake (v) & Custard (v)	Pineapple & Ice Cream (v)	
<b>DAILY</b>	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Fresh Fruit Salad (ve)	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit	
<b>DAILY</b>	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	
<b>Bread</b>	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	Homemade Bread (v)	



