

SPRING/SUMMER 2017 MENU
Alpington & Bergh Apton CE VA Primary

SPRING/SUMMER MENU WEEK 1

Week starting: 20 Feb • 13 Mar • 17 Apr • 8 May
5 Jun • 26 Jun • 17 Jul

MONDAY

(v) Vegetarian Bolognese with Pasta Twists
(v) Mac 'n' Veg Slice - NEW
Herby Bread
Peas and Sweetcorn
Mini Shortbread Biscuit with Seasonal Fruit Wedges

TUESDAY

Local Pork Sausages
(v) Quorn Sausage
Omelette, Hash Brown
Baked Beans
Fruit Jelly with Cream

WEDNESDAY

Roast Chicken with Stuffing and Gravy
(v) Italian Bean Bake - NEW
Savoury Potatoes
Spring Greens and Carrots
Peach Crunch with Natural Yoghurt

THURSDAY

Beef Enchilada Bake
(v) Vegetarian Korma - NEW
Steamed Rice
Broccoli
Apple Flapjack

FRIDAY

Fish Fingers
(v) Vegetable Burger
Chips
Garden Peas or Baked Beans
Brownie Slice

SPRING/SUMMER MENU WEEK 2

Week starting: 27 Feb • 20 Mar • 24 Apr
15 May • 12 Jun • 3 Jul

(v) Roasted Pepper Pizza
(v) Quorn and Sweet Potato Curry with Rice
Baby Boiled Potatoes
Mixed Salad
Mini Oaty Biscuit with Seasonal Fruit Wedges

Chicken Korma
Naan Bread
(v) Veggie Balls in Mediterranean Sauce
Steamed Rice
Broccoli
Blueberry Muffin

Roast Beef with Yorkshire Pudding and Gravy
(v) Vegemince Cottage Pie
Mashed Potatoes
Green Beans and Cauliflower
Apple Crunch with Natural Yoghurt

BBQ Pork Meatballs with Pasta Twists
(v) Cheesy Pasta
Garlic Bread
Carrot and Pea Medley
Pancake with Peaches and Cream

Fish Fingers or Salmon Fish Fingers
(v) Quorn Sausage
Chips
Garden Peas or Baked Beans
Hummingbird Cake

SPRING/SUMMER MENU WEEK 3

Week starting: 6 Mar • 27 Mar • 1 May
22 May • 19 Jun • 10 Jul

(v) Cheese and Tomato Whirl
Tossed Pasta Salad
(v) Vegetarian Bolognese with Pasta
Peas and Sweetcorn
Mini Flapjack Biscuit with Seasonal Fruit Wedges

Ranch Pie with Gravy - *NEW*
(v) Vegetable Chilli with Rice
Spring Greens
Carrots
Toffee Cream Tart

Roast Pork with Apple Sauce and Gravy
(v) Quorn Fillet
Roast Potatoes
Mixed Vegetables
Summer Berry Crunch with Natural Yoghurt

Smokey Joe's Chicken with Pasta Twists
(v) Vegetable Lasagne
Green Beans
Sweetcorn
Chewy Krispie Bar

Krispy Fish - *NEW*
(v) Spanish Omelette
Chips
Garden Peas or Baked Beans
Fruit Gateau

Subject to alteration

Fresh Bread, Fruit, Milk Drink and Water
available Daily

