

SPRING/SUMMER 2018 MENU
ALPINGTON & BERGH APTON PRIMARY

SPRING/SUMMER MENU WEEK 1

Week starting: 19 Feb • 12 Mar • 16 Apr • 7 May
4 Jun • 25 Jun • 16 Jul

MONDAY

Hand-Made Cheese and Tomato Swirl
with Pasta Salad
(v) Sweet Potato and Lentil Curry with Steamed Rice
Sweetcorn
Vanilla Ice Cream

TUESDAY

Lamb Meatballs in a Sweet Pepper Sauce - **NEW**
with Steamed Rice
(v) Italian Bean Bake
Garden Peas and Carrots
Brownie Slice

WEDNESDAY

Roast Chicken with Stuffing
(v) Quorn Chipolatas with Stuffing
Roast Potatoes
Spring Greens, Carrots and Gravy
Fresh Fruit Salad with Natural Yoghurt

THURSDAY

Italian Beef Lasagne
with Herby Bread
(v) Vegetarian Bean Chilli with Steamed Rice
Crunchy Mixed Salad
Fruit and Jelly

FRIDAY

Breaded Fish Fingers
(v) Cheese and Tomato Quiche
Chips
Garden Peas or Baked Beans
Peach Melba Cupcake - **NEW**

SPRING/SUMMER MENU WEEK 2

Week starting: 26 Feb • 19 Mar • 23 Apr • 14 May
11 Jun • 2 Jul • 23 Jul

Breaded Chicken Fillet in a Wrap
Jacket Potato Wedges, Crispy Lettuce and Coleslaw
*(v) Vegetable Enchilada
with Steamed Rice and Broccoli*
Chewy Bar with Melon Slice

Mild Teriyaki Beef with Steamed Rice - **NEW**
(v) Veggie Balls in Tomato Sauce with Pasta
Green Beans and Sweetcorn
'All Time Favourite' Cornflake Tart with Custard

Succulent Roast Pork with Apple Sauce
(v) Vegemince Pasta
Roast Potatoes
Carrots, Broccoli and Gravy
Apple and Berry Slice - **NEW**

Mediterranean Chicken with Pasta Twists
and Garlic Bread
(v) Cheese and Potato Pie
Crunchy Mixed Salad
Fruit Topped Cheesecake

Crispy Fish Fillet
(v) Spanish Omelette
Chips
Garden Peas or Baked Beans
Marble Cake - **NEW**

SPRING/SUMMER MENU WEEK 3

Week starting: 5 Mar • 26 Mar • 30 Apr • 21 May
18 Jun • 9 Jul

Margherita Pizza
(v) Tortilla Wrap Filled with BBQ Quorn
Baby Potatoes
Crunchy Mixed Salad
Cocoa Shortbread with Orange Wedges

Chipolata Sausages
(v) Quorn Chipolatas
Omelette, Hash Brown
Baked Beans
Carrot Cake

Traditional Roast Beef with Yorkshire Pudding
(v) Vegetarian Shepherd's Pie
Mashed Potatoes
Spring Greens, Carrots and Gravy
Summer Berry Eaton Mess - **NEW**

Mild Chicken Tikka Masala with Savoury Rice
and Naan Bread
(v) Cheesy Pasta
Broccoli
Fruit Yoghurt

Breaded Fish Fingers or Salmon Fingers
*(v) Garden Vegetable Goujons served with
Sweet and Sour Dip - NEW*
Chips
Garden Peas or Baked Beans
Apple Flapjack

Subject to alteration

Fresh Bread, Fruit, Milk Drink and Water
available Daily

