



THE GREAT FOOD ADVENTURE MENU



WEEK 1

MON TUES WED THU FRI

Meat Free Monday

Main Meal HAPPY TUMS

Penne Pasta in a Tomato Sauce & Cheese (G, Mk)

Sticky bbq chicken with honey glaze (Su, So, G, Ce) Halal

Herefordshire roast pork with gravy and apple sauce (-)

Traditional Italian beef lasagne (G, Mk, Su, Ce) Halal

Battered pollock fillet with tartare sauce and lemon (F, G, Mu, Mk, E)

Vegetarian MEAT FREE

Mild vegetable chilli con carne with steamed rice (Mu, Ce, E)

Thai red vegetable curry with lime and coriander cous (G, So)

Roasted Mediterranean vegetable and potato filo pie (Mk, G)

Mediterranean vegetable lasagne (G, Mk, E)

Spicy red pepper and courgette quesadilla with sour cream (Mu, Mk, G)

Veggies POWER FOOD

Broccoli
...
Sweetcorn

Cous
...
Courgettes
...
Peas

Roasted potatoes
...
Cabbage
...
Carrots

Homemade focaccia (G, Mk)
...
Sweetcorn
...
Green beans

Baked oven chips
...
Garden peas
...
Baked beans

Pudding SWEET TREAT

Berry sponge with vanilla custard (G, E, Mk)

Sticky Jamaican ginger cake (G, E, Mk)

Bramley apple crumble with vanilla custard (G, E, Mk)

Fruit jelly pot

Fresh fruit salad

Salad bar, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day

Jacket potatoes are available every Tuesday

ALLERGENS

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

Special Days



This term we are visiting:

- ★ May - Yorkshire & The Humber
- ★ June - North East
- ★ July - Midlands



Look out for this icon on our menus for a Better Choice for you!



THE GREAT FOOD ADVENTURE MENU



WEEK 2

MON TUES WED THU FRI

Meat Free Monday

Main Meal :HAPPY TUMS:

Vegetable and chickpea paella (Ce)

Greek lamb moussaka with aubergine (Mk,G,Ce)
Halal

Roast Norfolk turkey breast, homemade parsley stuffing and gravy (So,Mk,E,G)
Halal

Beef burger in a bun relish and tomato ketchup (Su,G,Ce)

MSC cod baked fish finger with homemade tartare sauce (F,Mu,Mk,E,G)

Vegetarian :MEAT FREE:

Vegetable sausage (G, So)

Macaroni cheese with a crunchy topping (G,Mu,Ce,Su,Mk)

Mixed roasted sweet pepper, wholemeal quiche (Mk, E, G)

Vegetarian burger in a bun relish and tomato ketchup (G,Se)

Wholegrain penne pasta with a rich tomato and fresh basil sauce (G)

Veggies :POWER FOOD:

Creamy mashed potato (Mk)
...
Sweetcorn
...
Garden pea

Roasted butternut squash
...
Broccoli

Roast potatoes
...
Carrots
...
Courgettes

Bun (G)
...
Green beans
...
Sweetcorn

Homemade potato Wedges
...
Garden peas
...
Baked beans

Pudding :SWEET TREAT:

Marble cake with vanilla custard (G,Mk,E)

Apricot and sultana oaty flapjack (Su,G,Mk)

Fruit jelly pot

Chocolate and raspberry brownie (So,Mk,E,G)

Fresh fruit salad

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Special Days

NATIONAL BISCUIT DAY | 22ND MAY

28TH JUN NATIONAL CREAM TEA DAY

WORLD CHOCOLATE DAY | 08TH JUL



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THE GREAT FOOD ADVENTURE MENU



WEEK 3

MON

TUES

WED

THU

FRI

Meat Free Monday

Main Meal :HAPPY TUMS:

Italian potato gnocchi with a vegetable ratatouille sauce (G,Mk)

Mild tandoori spiced chicken with yoghurt and cucumber (Su,Mk) Halal

Roast beef with Yorkshire pudding and gravy (Mk,E,G) Halal

Fresh Italian dough pizza topped with Pepperoni and mozzarella pizza (Mk,G,E)

Battered Pollock fillet with tartare sauce and lemon (F,G,Mu,Mk,E)

Vegetarian :MEAT FREE:

Veggie mince bolognese (G,E)

Chickpea and tomato masala with steamed rice (G, Mk, Mu)

Cajun vegetable Jambalaya with roasted pineapple (Ce,Mu)

Fresh Italian dough pizza topped with mozzarella and tomato (G,Mk,E)

Cauliflower, spinach, broccoli and cheddar bake (Mk,E,G)

Veggies :POWER FOOD:

Spaghetti (G)
...
Cauliflower
...
Carrots

Steamed Rice
...
Peas
...
Roasted Butternut squash

Roasted potatoes
...
Green beans
...
Carrots

Broccoli
...
Sweetcorn

Baked oven chips
...
Garden peas
...
Baked beans

Pudding :SWEET TREAT:

Pancake bar with ice cream (Mk,E,G)

Lemon and poppy seed cake (G,E,Mk)

Fruit jelly pot

Carrot cake with cream cheese frosting (G,Mk,E)

Fresh fruit salad

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