

St Nicholas Spring/ Summer Menu 2023

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 17/04/2023 08/05/2023 05/06/2023 26/06/2023 17/07/2023 18/09/2023 09/10/2023	Option 1	Cheese & Tomato Pizza with Wedges 	Beef Lasagne with Garlic Bread 	Roast of the Day, Roast Potatoes & Gravy	Quirky Bird  BBQ Chicken or Vegan Quorn with Jollof Rice & Salads 	Fishfingers with Chips & Tomato Sauce
	Option 2	Crunchy Topped Vegetable Bake with New Potatoes 	Wholemeal Vegetable Pasta Bake 	NEW Sweet Potato & Spinach Flan with Roast Potatoes		Mexican Bean Roll with Chips & Tomato Sauce 
	Vegetables	Mixed Salad Coleslaw	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
	Dessert	NEW Syrup Snap Biscuit 	Fruit Jelly with Mandarins 	Freshly Chopped Fruit Salad 	Iced Vanilla Sponge	Oaty Cookie  
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two 24/04/2023 15/05/2023 12/06/2023 03/07/2023 04/09/2023 25/09/2023 16/10/2023	Option 1	Mac and Cheese Concept  A choice of different Mac & Cheese flavours, with vegetarian toppings	Pork Sausage Hot Dog with Potato Wedges	Minced Beef & Onion Pie with Roast Potatoes 	Chef's Special  Chicken Korma with Rice  	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2		Vegan Sausage Hot Dog with Potato Wedges 	Potato and Courgette Layer Bake	Vegetable Wellington with New Potatoes & Gravy 	NEW BEET Burger with Chips & Tomato Sauce 
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Peas Baked Beans
	Dessert	Summer Lemon Cake	Chocolate Shortbread 	Fruit Medley 	Peach Crumble with Cream 	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three 01/05/2023 22/05/2023 19/06/2023 10/07/2023 11/09/2023 02/10/2023	Option 1	NEW Chinese Vegetable Noodles	Spaghetti Bolognaise 	Roast of the Day, Roast Potatoes, Stuffing & Gravy	NEW Greek Chicken Pita with Seasoned Wedges or NEW Spinach & Cheese Parcel with Seasoned Wedges	Fishfingers with Chips & Tomato Sauce
	Option 2	Lentil & Sweet Potato Curry with Rice 	Vegan Spaghetti Bolognaise 	Vegan Quorn with Stuffing, Roast Potatoes & Gravy 		Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Fresh Salad Rainbow Slaw	Peas Baked Beans
	Dessert	Peaches with Ice Cream	Carrot & Courgette Cake 	Fruit Platter 	Apple Flapjack 	NEW Cornflake Tart 
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. 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.