



Summer Menu

Week 1

This menu is packed with extra goodness because we

Season EVERYTHING!

MON

TUES

WED

THU

FRI

JOEL'S Seasonal Soup

Tomato & Basil (Ce)

Potato, Cheddar & Chives (Mk)


Broccoli & Stilton (Mk)

Minestrone (Ce)

Carrot & Coriander

Daily Dough

Wholemeal Bloomer (G)

Seeded Loaf (G) 

Artisan Bread (G)

Ciabatta (G)

Garlic Bread (G)

Mighty Mains


PASTA BAR:

Pesto Sauce (E, Mk)
Nonna Sauce (Ce)
Mushroom Carbonara Sauce (E, Mk)

Farm Assured Pork Sausages (G, Su)
OR
Chicken Sausages (G, Su)

Roast Lemon & Thyme Chicken with Home-made Piri Piri sauce


Pizza Margherita (G, Ce, Mk)


Veggie Loaded Turkey Meatballs (G, E, Mk) 

Super Veggies

Zucchini Frittata (Mk, E) 

Lentils & Vegetable Pie (May contain: G)

Spring Vegetable Risotto (Ce) 

Summer Squash & Mozzarella Gnocchi (G, Mk) 

Aubergine Caponata in a rich tomato & basil sauce (Ce)

Nature's Noms

Green Beans
Roasted Cauliflower

Sauteed Greens

Garden Peas

Roasted Corn on the Cob

Char-Grilled Lemon Courgette

Fuel Up Favourites

Selection of Pasta (G)
GF Buckwheat & Quinoa Pasta

Mash Potato

Nando's Style Rice

Skin on Chips

Spaghetti Pasta (G)
GF Buckwheat & Quinoa Pasta

Puddings

GF Apple & Forest Fruits
Crumble Cake (E)

Victoria Sponge with strawberry jam & cream (G, E, Mk)

Carrot Cake with cream cheese icing (G, Mk, E)

Double Chocolate Chip Cake (G, Mk, E, So)

Banana & Cinnamon Cake with honey icing (G, E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



SPINACH
April



NEW POTATOES
May



PEAS
June



STRAWBERRIES
July



Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs






Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



Summer Menu Week 2

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	MON	TUES	WED	THU	FRI
JOEL'S Seasonal Soup	Tomato & Basil (Ce)	Lentils & Vegetable Soup (G, Ce)	Pea & Mint Soup (Mk)	Spring Vegetables Soup (Ce)	Sweet Potato & Leek Soup
Daily Dough	Wholemeal Bloomer (G)	Seeded Loaf (G)	Artisan Bread (G)	Ciabatta (G)	Garlic Bread (G)
Mighty Mains	Mac n' Cheese with a crispy mozzarella topping (G, Mk, Mu) OR Roasted Tomato & Basil Sauce (Ce)	Turkey Lasagna (G, Ce, Mk) OR Spinach & Mushroom Lasagna (G, E, Mk)	Crispy Katsu Chicken (G, E, So, Mk) OR Tofu Katsu Curry (So)	Baked Battered Cod Fillet (G, E, F) OR Baked Gnocchi with Kale pesto and Mozzarella (G, Mk, E)	BURGER BAR: BBQ Pulled Pork (G, Mu) OR "JFC" Joel Fried Chicken (G, Mk)
Super Veggies	Mushroom Stroganoff (Mk) 	White Bean Cassolette (Ce) 	Stir-Fry Singapore Vegetable with rice noodles (So)	Mushroom & Lentils Wellington (G) 	Sweet Potato Falafel Burger 
Nature's Noms	Steamed Broccoli Sweetcorn	Roasted Tomatoes Green Beans	Ginger & Soya Broccoli (So) 	Baked Beans Garden Peas	Sweetcorn Cauliflower Cheese (G, Mk, Mu)
Fuel Up Favourites	Selection of Pasta (G) GF Buckwheat & Quinoa Pasta Pilaf Rice	Mash Potato	Steamed Rice	Skin on Chips	Parmenter Potatoes
Puddings	GF Blueberry Tray Bake (E)	Jam & Coconut Tray bake (G, E)	Baked Cheesecake with summer berries compote (G, E, Mk)	Raspberry & White Chocolate (G, E, Mk, So)	Apple Crumble with custard (G, Mk)

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Summer Menu

Week 3

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	MON	TUES	WED	THU	FRI
JOEL'S Seasonal Soup	Tomato & Basil (Ce)	Miso Soup (G, So)	Cream of Mushroom Soup (Mk)	Sweetcorn Chowder (Ce, Mk)	French Onion Soup
Daily Dough	Wholemeal Bloomer (G)	Seeded Loaf (G)	Naan Bread (G)	Ciabatta (G)	Focaccia Bread (G)
Mighty Mains	PASTA BAR: Creamy Spinach Sauce (Mk) Creamy Tomato Sauce (Mk, Ce)	Chicken Chow Mein (E, G, So)	Mild Chicken Tikka Masala (Mk, Mu) OR Lentil Dahl (May contain: G, Mu)	Tuna Pasta Bake (G, Mk, E, F)	BURRITO BAR: Turkey Chilli Quorn Chilli (So)
Super Veggies	Mediterranean Roasted Vegetable Arrabiata (Ce)	Vegetable Pad Thai with rice noodles (So)	Vegetable Biryani with mild curry sauce	Courgette Spaghetti with lemon & cherry tomatoes	Tomato & Avocado Salsa Jalapenos
Nature's Noms	Garlic Green Beans	Honey Roasted Carrots Sauteed Bok Choi (So)	Roasted Cauliflower	Garden Peas Roasted Broccoli	Sweetcorn
Fuel Up Favourites	Selection of Pasta (G) GF Buckwheat & Quinoa Pasta	Egg Fried Rice (E)	Naan Bread (G) Bombay Potatoes	Skin on Chips	Nachos Steamed Rice Paprika & Lime Sweet Potatoes
Puddings	GF Lemon Drizzle Cake (E)	Chilled Rice Pudding with mango coulis (Mk)	Chocolate Chip Flap Jack (G, Mk, So)	Marble Chocolate Cake (G, E, Mk)	Rhubarb Crumble with custard (G, Mk)



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