

# Spring Summer MENUS 2020

## Bunwell Primary

**Week One Dates** 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10, 26/10

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef & Tomato Meatballs with Pasta & Arrabiata Sauce	Cheesy Topped Chicken Fillet & Baked New Potatoes	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Hunters Chicken with ½ Jacket Potatoes	Baked Fish Finger & Chips
Vegetarian Main Meal	Mexican Quorn Fajitas & Potato Wedges	Vegetable Curry & Wholegrain Rice	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Wholemeal Cheese & Tomato Pizza with ½ Jacket Potatoes	Mediterranean Vegetable Lasagne & Crusty Bread
Vegetable Selection	Garden Peas Carrots	Sweetcorn Broccoli	Cauliflower Savoy Cabbage	Carrots Roasted Vegetables	Baked Beans Garden Peas
Jacket Potato	Freshly Baked Jacket Potato				
Dessert	Lemon Drizzle Cake	Chocolate Crispy Cake	Toffee Iced Yogurt & Banana Slices	Fruit Sponge & Custard	Sultana & Cherry Flapjack with Apple Wedges

**Week Two Dates** 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Toad in the Hole with Mash & Gravy	Chinese Style Chicken Chow Mein Noodles	Roast Pork with Yorkshire Pudding, Roast Potatoes & Gravy	Sticky Barbecue Pork with Wholegrain Rice	Crispy Battered Fish & Chips
Vegetarian Main Meal	Macaroni Cheese Topped with Crispy Croutons	Wholemeal Cheese & Tomato Pizza with ½ Jacket Potato	Veggie Sausages with Yorkshire Pudding, Roast Potatoes & Gravy	Tomato & Basil Pasta with Garlic Bread	Quorn & Vegetable Taco with Lettuce & Salsa
Vegetable Selection	Green Beans Carrots	Sweetcorn Roasted Summer Vegetables	Peas Carrots	Spring Cabbage Cauliflower	Baked Beans Garden Peas
Jacket Potato	Freshly Baked Jacket Potato				
Dessert	Frozen Strawberry Iced Yogurt & Apple Slices	Banana Traybake & Custard	Fruit & Jelly	Ginger Biscuit & Orange Wedges	Chocolate Cookie

**Week Three Dates** 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Burger in a Bun & Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Roast Pork with Stuffing, Roast Potatoes & Gravy	Smoky Pulled Chicken & Potato Wedges	Baked Fish Fingers & Chips
<b>Week 3</b>					
Main Meal Option	Beef Burger in a Bun & Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Roast of the Day with Stuffing, Roast Potatoes & Gravy	Smoky Pulled Chicken Wrap & Potato Wedges	Baked Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Burrito & Baked New Potatoes	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Vegetarian Pasta Carbonara & Garlic Bread	Veggie Sausage Hotdog & Chips
Vegetable Selection	Sweetcorn Carrots	Green Beans Broccoli	Savoy Cabbage Cauliflower	Roasted Carrots Roast Peppers & Sweetcorn	Baked Beans Garden Peas
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta	<b>Pick and Mix Selection</b> Pasta with a Choice of Cheese or Tomato Sauce				
Dessert	Apple Sponge & Custard	Chocolate Brownie	Jelly & Ice Cream	Light Carrot Cake & Orange Wedges	Toffee Cream Tart

**Fresh Bread, Fresh Fruit Available Daily**