

Menu: Hennock/Bearnes

Child's name:

Class:

Allergies:

Week 1 W/C: 19 Apr / 10 May / 7 Jun / 28 Jun / 19 Jul

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|---|---|---|
| Main | Chicken & Bacon Pasta Bake | Beef Burger in a Bun | Toad in the Hole | Pepperoni Pizza & Wedges | Fish Fingers |
| Veggie | Cheese & Tomato Pasta Bake | Veggie Burger in a Bun | Broccoli & Cauliflower Cheese Bake | Margherita Pizza & Wedges | Cheese & Tomato Savoury Muffin |
| Sides | Mixed Vegetables and/or Salad Cucumber, Cherry Tomatoes | Coleslaw, Pasta Salad or Peas Cucumber, Cherry Tomatoes | Roast Potatoes, Carrots and Green Beans | Sweetcorn or Rice Salad, Cucumber & Carrot Stix | Chips, Beans and Peas Cucumber, Cherry Tomatoes |
| Jacket/ Roll | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham |
| Dessert | Cranberry & Oat Cookie or Fruit or Yoghurt | Chocolate & Vanilla Marble Sponge with Chocolate Custard or Fruit or Yoghurt | Strawberry Ice Cream & Homemade Berry Compot or Fruit or Yoghurt | Apricot Flapjack or Fruit or Yoghurt | Chocolate & Orange Muffins or Fruit or Yoghurt |

Week 2 W/C: 26 Apr / 17 May / 14 Jun / 5 Jul

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|---|---|---|
| Main | Macaroni Cheese & Garlic Bread | Pork Sausage in a Finger Roll | Roast Chicken Breast with Gravy | BBQ Chicken Pizza & Wedges | Salmon Fishcakes |
| Veggie | Homemade Red Onion, Cheese & Potato Pasty | Quorn Sausage in a Finger Roll | Mild Quorn Chilli & Rice | Margherita Pizza & Wedges | Veggie Burger |
| Sides | Sweetcorn & Beans, Carrot Batons & Cucumber | Roasted Baby New Potatoes, Coleslaw Cucumber, Cherry Tomatoes | Roast Potatoes, Carrots & Green Beans Cucumber, Cherry Tomatoes | Sweetcorn Noodle Salad, Carrot Batons or Cucumber | Wedges, Peas or Beans Cucumber, Cherry Tomatoes |
| Jacket | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham |
| Dessert | Lemon & Courgette Drizzle Muffin or Fruit or Yoghurt | Ginger Cake & Vanilla Custard or Fruit or Yoghurt | Vanilla Ice Cream & Strawberry Jelly or Fruit or Yoghurt | Sticky Chocolate & Courgette Slice or Fruit or Yoghurt | Carrot Muffin with Cream Cheese Frosting or Fruit or Yoghurt |

Week 3 W/C: 3 May / 24 May / 21 Jun / 12 Jul

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|---|---|---|
| Main | Mild Beef Chilli Enchilada | Chicken Breast in a Bun | Roast Gammon & Gravy | Ham & Cheese Pizza & Wedges | Fish Fillets in Breadcrumbs |
| Veggie | Quorn, Bean & Tomato Enchilada | Spicy Bean Burger in a Bun | Veggie Roast & Gravy | Margherita Pizza & Wedges | Cheese & Red Onion Frittata |
| Sides | Sweetcorn, Mixed Bean & Rice Salad, Carrot Batons, Cucumber | Broccoli Homemade Potato Salad Cucumber, Cherry Tomatoes | Roast Potatoes, Carrots & Green Beans Cucumber, Cherry Tomatoes | Mixed Vegetables and Couscous Salad | Chips, Beans & Peas |
| Jacket | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham | Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham |
| Dessert | Summer Fruit Muffin or Fruit or Yoghurt | Raspberry Flapjack or Fruit or Yoghurt | Chocolate Ice Cream & Vanilla Shortbread or Fruit or Yoghurt | Toffee Apple Muffin or Fruit or Yoghurt | Dream Chocolate Cookie or Fruit or Yoghurt |

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers