

Twelve15 - Spring Summer 2021 *Standard Menu*

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	MAIN COURSE	French bread pizza with oven baked oregano wedges & sweetcorn <b>V</b>	BBQ chicken fillet with rainbow rice & peas	Roast British gammon with roast potatoes, broccoli florets & gravy	Loaded beef burger in high fibre bun with oven baked spicy wedges & coleslaw	Breaded pollock fillet with curly fries & peas
	VEGETARIAN	Courgette & pesto twist with oven baked oregano wedges & baked beans <b>V</b>	Roasted tomato stuffed omelette with pesto pasta salad & spring salad <b>V</b>	Baked egg & tomato filled Yorkshire pudding with roast potatoes & baton carrots <b>V</b>	Southern style veggie burger in a high fibre bun with oven baked spicy wedges & coleslaw <b>V</b>	Vegan nuggets with curly fries & sweetcorn <b>V</b>
	DESSERT	Apple puree filled flapjack* <b>V</b>	Fresh fruit salad with crème fraîche* <b>V</b>	Yoghurt selection <b>V</b>	Good mood jam & coconut shortbread <b>V</b>	Chocolate & courgette cake with crème fraîche <b>V</b>
Week 2	MAIN COURSE	BBQ Quorn sausage pasta bake with peas <b>V</b>	Mediterranean style pork meatballs with egg noodles & sweetcorn	Roast British chicken with sage & onion stuffing, roast potatoes, green beans & gravy	Beef lasagne with spring salad & homemade baked croutons	Fishwich sub with oven baked chips & peas
	VEGETARIAN	Spring vegetable pide with country style potatoes & carrots <b>V</b>	Tagliatelle Neapolitan with homemade bread & peas <b>V</b>	Shepherdess pie filled Yorkshire pudding with carrot roundels & gravy <b>V</b>	Summer vegetable & bean filled beetroot tortilla samosa with noodle salad & crudités <b>V</b>	Vegan sausage roll with oven baked chips & baked beans <b>V</b>
	DESSERT	Summer fruit crumble with custard* <b>V</b>	Mixed melon salad with citrus drizzle* <b>V</b>	Yoghurt selection <b>V</b>	Citrus shortbread <b>V</b>	Vegan chocolate & beetroot brownie with chocolate custard <b>V</b>
Week 3	MAIN COURSE	2 cheese homemade vegetable pizza with jacket wedges & cucumber sticks <b>V</b>	Chicken & butternut curry with rice & green beans	Pulled pork in a Yorkshire pudding with roast potatoes, carrot batons & gravy	Lincolnshire pork sausages with mini potato waffles & broccoli florets	Pollock or salmon fish fingers with oven baked spicy wedges & peas
	VEGETARIAN	Roasted spring vegetable tortilla calzone with jacket wedges & broccoli florets <b>V</b>	BBQ Quorn meatballs with golden rice & peas <b>V</b>	Roasted vegetable filled Yorkshire pudding with roast potatoes, spring greens & gravy <b>V</b>	Glamorgan sausage with mini potato waffles & sliced carrots <b>V</b>	Veggie fingers with oven baked spicy wedges & baked beans <b>V</b>
	DESSERT	Oaty banana muffin <b>V</b>	Cheese & biscuits with fresh apple slices* <b>V</b>	Yoghurt selection <b>V</b>	Rainbow jelly with melon slice & crème fraîche* <b>V</b>	Butterscotch cookie with a glass of milk <b>V</b>
* 50 / 50 Fruit Dessert <b>V = Vegetarian</b>						