



## Summer Lunch Menu

Day	Main Course	Contents	Side Dish	Dessert
Monday	Beef chilli with rice	Beef, Onion, Carrot, Kidney beans, Cumin, coriander, tomato, Cinnamon	Grated cheese	Apple & raspberry ice lollies, banana slices
Tuesday	Sausage & Mash	Butchers pork sausage, mashed potato	Homemade baked beans	Mixed berry yoghurt, apple spelt star biscuits
Wednesday	Thai style chicken and veg curry	Chicken, onion, mushroom, pak choy, mange tout, carrot, lemongrass, lime, coriander, basil, coconut milk	Coconut rice	Apple & strawberry jelly, apple slices
Thursday	Tomato pasta with chunky veg	Tomato, courgette, onion, carrot, garlic, herbs, basil	Grated cheese	Cocoa & Orange cake
Friday	Roast Chicken in gravy	Chicken, chicken stock	Roasted turnip & carrots, peas, baby boiled potatoes	Rice conde with tropical fruit

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Monday	Homemade pork & apple burgers in a mini bread bun	Pork, onion, carrot, apple, garlic, paprika, black pepper, bread	Homemade BBQ beans, shredded lettuce & cabbage, grated carrot	Strawberry yoghurt, sweet potato animal biscuits
Tuesday	Green Veg packed fishcakes	Cod, peas, spring onion, chive, potato, cheese, lemon	Steam roasted carrots, savoy cabbage, homemade tomato ketchup	Mango and Orange smoothie, Oaty choc chip cookies
Wednesday	Butternut squash mac & cheese	Butternut squash, cheese, pasta	Steamed mixed veg	Mixed fruit salad
Thursday	Oriental chicken noodle soup	Chicken, chicken stock, sweetcorn, carrots, spring onion, noodles	Cucumber batons, mild sweet chilli dip, prawn crackers	Jelly – raspberry & apple, grape halves
Friday	Turkey dhal	Turkey, onion, carrot, sweet potato, butternut squash, red lentils, tomato, Cannellini beans, curry powder	Flatbread	Banana frozen yoghurt

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Monday	Vegetable curry & brown rice	Carrot, onion, butternut squash, mushroom, spinach, courgette, green beans, tomato, curry powder, coconut milk	Flatbread, banana slices, raita	Mixed berry yoghurt, apple spelt star biscuits
Tuesday	Tuna & mackerel tomato pasta bake	Tuna, mackerel, onion, courgette, herbs, garlic, tomato, carrot	sweetcorn	Sweet potato blondies
Wednesday	Lamb Mousaka	Lamb, onion, carrot, courgette, aubergine, garlic, potato, paprika, Cinnamon, mint, oregano, tomato, milk	Greek cucumber and Tomato salad	Mango, peach & apple ice lollies, strawberry & melon chunks
Thursday	Spanish Chicken	Chicken, Chorizo, onion, carrot, Cannellini beans, potato, tomato	Corn on the Cob	St Clement's Semolina cake, orange smiles
Friday	Roasted tomato soup & cheesy crouton	Tomato, onion, garlic, sweet potato, basil, bread, olive oil, cheese	Sandwich sushi, raisins & apricots	Apple & raspberry crumble, custard