

## Food to Holywell CofE Primary

# Spring/Summer Menu 2022

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money. We can assure you that our ingredients are responsibly, and where possible locally sourced. No ifs, no buts, our menu ingredients are all freshly prepared at your school. The results speak for themselves; access to hearty, wholesome and healthy food every school day.

### Week 1 - 25th April—16th May—13th June—4th July—5th & 26th Sept.—17th Oct.

Meat Free Monday	Around the World	Roast it Up Wednesday	Tasty Treat Thursday	Fun Time Friday
M – Macaroni Cheese	American Tuesday	M – Roast Chicken & Stuffing	M – BBQ Chicken	M – Fish Fingers
V – Feta Stuffed Peppers with Wholegrain Rice	M - Beef Burger in a Bap V – Quorn Hot Dog in a	V – Quorn Fillet	V — Vegetable Cottage Pie	V – Quorn Nuggets Sides - Chips or Pasta,
Sides - Malted Baguette, Sweetcorn & Fresh Broc- coli JP - Cheese, Beans or Tuna D – Pip Organic Ice Lolly	Finger Roll  Sides - Wedges, Corn on The Cob & Peas  JP - Cheese, Beans or Tuna D – Chocolate Brownie	Sides - Roast or Mash Pota- to, Fresh Sliced Carrots, Broccoli & Gravy JP - Cheese, Beans of Tuna D – Fresh Fruit	Sides - Wholegrain Rice, Sweetcorn & Baked Beans JP - Cheese, Beans or Tuna D— Fruity Flapjack	Tomato Sauce, Carrot &

#### Week 2 - 2nd & 23rd May—20th June—11th July—12th Sept.—3rd Oct.

Meat Free Monday	Around the World	Roast it Up Wednesday	Tasty Treat Thursday	Fun Time Friday
M – Cheese Wheel &	Italian Tuesday	M - Gammon & Pineapple	M – Harry Ramsdens	M - Butchers Sausages
Wedges	M – Pasta Bolognaise	V – Homity Pie (Leek &	Battered Salmon Fillet	V – Pizza Muffin
V – Roasted Vegetable & Tomato Pasta Bake	V- Vegetable Lasagne	Pots.) Sides - Roast or Mash	V– Veggie Sausages	Sides - Chips or Pasta,
Sides - Peas & Sweetcorn	Sides - Crusty Baguette, Carrot & Pepper Sticks	Potato Fresh Broccoli, Shredded Cabbage & Gravy	Sides – Wholegrain Rice & Mixed Vegetables	Tomato Sauce, Carrot & Cucumber Sticks
JP - Cheese, Beans or Tuna	JP - Cheese, Tuna or Beans	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna
D– Pip Organic Ice Lolly	D– Banana, Syrup Pancake	D– Fresh Fruit	D – Date & Apple Cake	D– Fruit Smoothie

## Week 3 - 9th May—6th & 27th June—18th July-19 Sept.—10th Oct.

Meat Free Monday	Around the World	Roast is Up Wednes-	Tasty Treat Thursday	Fun Time Friday
1	Chinese Tuesday	day	M– Crispy Organic Pork	M– Breaded Fish Fillet
M - Margherita Pizza with Pasta	M – Chicken & Noodles or	M – Roast Pork & Apple Sauce	Meat Ball Pot Roast	V– Veggie Burger
V – Spinach and Mozza-	Wholegrain Rice V – Sweet & Sour Quorn	V – Vegetable Roast	V– Vegan Sausage Roll & Wedges	Sides - Chips or Pasta,
rella Pasta Bake	Pieces with Noodles or	Sides - Roast or Mash Po-	Cides Mined Verstehler	Tomato Sauce, Carrot & Cucumber Sticks
Sides - Sweetcorn & Peas	Wholegrain Rice	tato, Fresh Sliced Carrots,	Sides - Mixed Vegetables  JP - Cheese, Beans or Tuna	JP - Cheese Beans or Tuna
JP - Cheese, Beans or Tuna	Sides- Stir Fry Vegetables  JP - Cheese, Beans or Tuna	Broccoli & Gravy  JP - Cheese, Beans or Tuna	D – Chocolate Cracknel	D – Pip Organic Ice Lolly
D – Pineapple Cake	D – Mandarin Jelly	D – Fresh Fruit		I

Low Fat Yoghurts, Fresh Fruit, Bread, Water will be available daily, Milk on request.