

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Milk Free Highfield  
Spring / Summer Menu  
2022

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 21/02/22 14/03/22 18/04/22 09/05/22 06/06/22 27/06/22 18/07/22	<b>Option 1</b>	Tomato and Vegetable Pasta	Pork Sausage with Wedges	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Chicken Curry with Rice	Breaded Fish with Chips
	<b>Option 2</b>	Vegetable Frittata with Potatoes	BBQ Quorn Fillet with Rice	Vegetable Wellington, Roast Potatoes and Gravy	Broccoli and Tomato Pasta Bake	Vegan Sausage Roll with Chips
	<b>Option 3</b>	Jacket Potato with Beans	Tuna Mayonnaise Picnic Box	Jacket Potato with Beans	Ham Picnic Box	Jacket Potato with Beans
	<b>Vegetables</b>	Peas Mixed Salad	Sweetcorn Peppers	Cabbage Broccoli	Carrots Green Beans	Baked Beans Peas
	<b>Dessert</b>	Carrot and Courgette Cake	Apple and Raisin Flapjack	Vanilla Shortbread	Orange Cookie	Chocolate Cookie
<b>Week 2</b> 28/02/22 21/03/22 25/04/22 16/05/22 13/06/22 04/07/22	<b>Option 1</b>	Macaroni in a Tomato Sauce	Spaghetti Bolognese	Roast Chicken, Stuffing, Roast Potato and Gravy	BBQ Chicken with Wedges	Fish Fingers with Chips
	<b>Option 2</b>		Vegan Spaghetti Bolognese	Quorn Fillet, Roast Potato and Gravy	Vegan Burger in a Bun with Wedges	
	<b>Option 3</b>	Jacket Potato with Tuna Mayonnaise	Picnic Box Ham	Jacket Potato with Beans	Picnic Box Ham	Jacket Potato with Beans
	<b>Vegetables</b>	Sweetcorn Cauliflower	Mixed Vegetables Green Beans	Carrots Peas	Broccoli Sweetcorn	Baked Beans Peas
	<b>Dessert</b>	Apple and Berry Sponge	Lemon Drizzle Cake	Fruity Shortbread	Chocolate and Beetroot Brownie	Oaty Cookie
<b>Week 3</b> 07/03/22 28/03/22 02/05/22 23/05/22 20/06/22 11/07/22	<b>Option 1</b>	Jacket Potato with Beans	Beef Bolognese Pasta Bake with Garlic Bread	Roast Turkey, Roast Potatoes and Gravy	Pork Sausage in a Roll with Wedges	Fish Fingers with Chips
	<b>Option 2</b>	Falafel with Rice	Vegetable Wraps with Rice	Lentil and Basil Pasty, Roast Potatoes and Gravy	Vegan Sausage in a Roll with Wedges	
	<b>Option 3</b>	Picnic Box Ham	Jacket Potato with Beans	Jacket Potato with Tuna and Sweetcorn	Picnic Box Ham	Jacket Potato with Beans
	<b>Vegetables</b>	Green Beans Carrot and Cucumber Sticks	Sweetcorn Coleslaw	Carrots Broccoli	Sweetcorn Tomato salad	Baked Beans Peas
	<b>Dessert</b>	Lemon and Mixed Berry Cake	Chocolate and Orange Muffin	Iced Banana Sponge	Pineapple Loaf	Chocolate Shortbread