

Isle of Ely Spring/ Summer Menu 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
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Week One
21/02/22
14/03/22
18/04/22
09/05/22
06/06/22
27/06/22
18/07/22

Week Two
28/02/22
21/03/22
25/04/22
16/05/22
13/06/22
04/07/22

Week Three
07/03/22
28/03/22
02/05/22
23/05/22
20/06/22
11/07/22

Red	Tomato & Vegetable Pasta	Ham and Cheese Pizza Potato Wedges	Roast Chicken, Roast Potatoes & Gravy	Chicken Curry with Rice	Breaded Fish with Chips & Tomato Sauce
Green	Spanish Omelette with New Potatoes	Shepherdess Pie	Vegetable Wellington with Roast Potatoes & Gravy	Lentil and Sweet Potato Curry with Rice	Vegan Mexican Roll with Chips & Tomato Sauce
Blue	Cheese Roll	Jacket Potato with a Choice of Filling	Tomato Pasta Bake	Jacket Potato with a Choice of Filling	Ham Roll
Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Carrots Broccoli	Green Beans Carrots	Peas Baked Beans
Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Vanilla Shortbread	Orange & Cinnamon Cookie	Peaches & Ice Cream
Red	Macaroni Cheese	Spaghetti Bolognese	Roast Gammon., Roast Potatoes, Stuffing & Gravy	BBQ Chicken in a Bun with Wedges	Fish Fingers with Chips & Tomato Sauce
Green	Broccoli and Cheese Pasta Bake	Vegan Spaghetti Bolognese	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips
Blue	Falafel Wrap	Egg Mayonnaise Roll	Cheese Roll	Tomato Pasta Bake	Jacket Potato with a choice of filling
Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Baked Beans Sweetcorn	Peas Baked Beans
Dessert	Apple & Berry Crumble with Ice Cream (Vegan without ice cream)	Lemon Drizzle Cake	Apple Cheese and Biscuits	Chocolate & Beetroot Brownie with Chocolate Sauce	Oaty Cookie
Red	Cheese & Tomato Pizza	Beef Lasagne with Garlic Bread	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish Fingers with Chips & Tomato Sauce
Green	Falafel with Lemon & Herb Couscous	Vegetable Stack with Rice	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Blue	Tuna Mayonnaise Roll	Jacket Potato with a choice of filling	Cheese Roll	Jacket Potato with a choice of fillings	Pasta with a Tomato Sauce
Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Ice Cream with Mixed Berry Sauce	Pineapple Loaf with Custard	Chocolate Shortbread

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection
- Choice of Yoghurt & Fresh Fruit

ALLERGY INFORMATION: If you would like to know about particular allergens in foods 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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.