MEAT FREE Spring Summer TUESDAY WEDNESDAY THURSDAY FRIDAY MONDAY Isle of Ely 2024 **WEEK ONE Option One** Sausages, Roast Potatoes Fishfingers with Chips & YAMAS **NEW** Vegetable Stack & Gravy Tomato Sauce Penne with Rice Boloanaise 15/04/2024 Greek Chicken Pitta with **Option Two** 06/05/2024 Rice, Tzatziki & Salad 03/06/2024 Cheese & Tomato Pizza Vegan Sausages, Vegan Penne **BBQ** Quorn with Chips Bolognaise 24/06/2024 with Pasta Salad Roast Potatoes & Gravy Cheese Whirl with Rice, 15/07/2024 Tzatziki & Salad Option 3 02/09/2024 23/09/2024 Vegan Meatball Sub Cheese Baguette with Jacket Potato Falafel and Hummus Wrap Jacket Potato Dessert 14/10/2024 Salad Apple Crumble with Iced Vanilla Sponge Vanilla Shortbread Chocolate and Apple **NEW** Berry Mousse Sponge Ice Cream **WEEK TWO Option One** Pasta Kitchen Burger with Potato Wedges Roast Chicken, Stuffing Beef Lasaane Fishfingers or Salmon omato Pasta & Tomato Sauce Roast Potatoes, & Gravy with Garlic Bread Fishfingers with Chips & Tomato Sauce 22/04/2024 **Option Two** Cheese 13/05/2024 Pasta with Vegan Burger with Potato Vegetable Wellington, Vegetable Curry **NEW** Vegan Sausage in a 10/06/2024 Toppinas Wedges & Tomato Sauce Stuffing, Roast Potatoes & with Rice Roll with Chips & Tomato 01/07/2024 Gravy Sauce 09/09/2024 Option 3 30/09/2024 Jacket Potato Cheese Roll with Salad Jacket Potato Jacket Potato Ham Baguette with Salad 21/10/2024 **NEW** Iced Biscuit **NEW** Chocolate Brownie Peaches and Ice Cree Jelly with Mandarins Oaty Cookie Dessert **Option One NEW** All-Day Vegetarian Roast Gammon, New Chicken Faiitas with Rice Fishfingers with Chips & **WEEK THREE** Breakfast Potatoes or Mashed Tomato Sauce Potatoes & Gravy Chicken Paella with Vegan Chilli with Rice **Option Two** Parsnip & Sweet Potato Patatas Bravas Loaf with New Potatoes Macaroni Cheese with Garlic Vegan Hot Dog with Chips or Mashed Potatoes & Bread Veggie Meatballs with Patatas Bravas 08/07/2024 Option 3 Jacket Potato Tuna Baguette with Salad Roasted Veg and Hummus Jacket Potato Jacket Potato Wrap with Salad Dessert Fruit with Ice Cream Syrup Snap Biscuit Summer Lemon Cake Chocolate Shortbread Fruit Jelly with Whipped Cream ALLERGY INFORMATION: **MENU KEY** Added Plant Power Chef's Special 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 Available Daily: - Freshly cooked jacket potatoes with a choice of fillings (Cheese, Beans or Tuna)- Bread freshly baked on site dailyto complete a form to ensure we have the necessary information Daily salad selection 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 allergen cross contact.

Spring Summer 2024		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK ONE	Option One	PRIV250 Vegetable Stack with SD84 Rice	B48 SD125 Penne Bolognaise	P3/ C6 Sausages, SD82 Roast Potatoes & SD118	Yamas GR1 Greek Chicken Pitta with	F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce	
\$5/0 4 /2024 06/05/2024 03/08/2024 24/06/2024	Option Two	V231 Cheese & Tomato Pizza with SB9 Pasta Salad	V233 SD125 Vegan Penne Bolognaise	Gravy V238 Vegan Sausages, SD82 Roast Potatoes & SD118 Gravy	GR5 Rice, GR3 Tzatziki & GR4 Salad or GR2 Cheese Whirl with GR5 Rice, GR3 Tzatziki & GR4 Salad	V205 BBQ Quorn with \$D5 Chips	
05/02/2024 02/09/2024 23/09/2024 14/10/2024	Vegetables Dessert	Jacket Potato	V85Cheese Baguette PL1or Jacket Potato	Jacket Potato	Falafel and Hummus Wrap V179, PL6 or Jacket Potato	Jacket Potato	
		D100 OL	D040 A 1 0 11 111	D040 D		DET.V :	
		D190 Chocolate and Apple Sponge	D242 Apple Crumble with D13 Ice Cream	D248 Berry Mousse	D193 Iced Vanilla Sponge	D57 Vanilla Shortbread	
WEEK TWO	Option One	Pasta Kitchen V225 Tomato Pasta or PK2 Carbonara Pasta with	BB1 SD17 Burger with SD6 Potato Wedges & SD14 Tomato Sauce	C4/C5 Roast Chicken, SD40 Stuffing, SD82 Roast Potatoes, & SD118 Gravy	B52 Beef Lasagne With SD50 Garlic Bread	F6 Fishfingers or F1 Salmon Fishfingers with SD5 Chips & SD14 Tomato Sauce	
13/05/2024 10/06/2024 01/07/2024 09/09/2024	Option Two	PK3 PK4 V85 V216 Toppings Pasta Codes: SD8 SD9	V236 SD17 Vegan Burger with SD6 Potato Wedges & SD14 Tomato Sauce	V232 Vegetable Wellington SD40 Stuffing, SD82 Roast Potatoes, &	V108 Vegetable Curry With SD84 Rice	V251 Vegan Sausage Roll with SD5 Chips & SD14 Tomato Sauce	
30/09/2024 21/10/2024	Vegetables Dessert	SD11 SD121 SD125 Jacket Potato	PL7,V85 Cheese Roll or	SD118 Gravy Jacket Potato	P20, PL1 Ham Baguette or	Jacket Potato	
			Jacket Potato		Jacket Potato		
		D249 Chocolate Brownie	D250 Iced Biscuit	D166 Peaches and D13	D235 Jelly with Mandarins	D85 Oaty Cookie	
WEEK THREE	Option One	V249 All-Day Vegetarian Breakfast	Fiesta Espanol FE1 Chicken Paella with FE4 Patatas Bravas	C5 Rols FERRIEN, SD2 New Potatoes or SD1 Mashed Potatoes & SD118 Gravy	C92 Chicken Fajitas with \$D84 Rice	F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce	
29/04/2024 20/05/2024 17/06/2024	Option Two	V239 Vegan Chilli with SD84 Rice	or FE2 Veggie Meatballs with FE4 Patatas Bravas	TD56 Parsnip & Sweet Potato Loaf , SD2 New Potatoes or SD1 Mashed	V211 Vegetable Fajitas with SD84 Rice	V191 Cheese & Bean Pasty with \$D5 Chips	
08/07/2024 16/09/2024	Vegetables			Potatoes & SD118 Gravy			
07/10/2024	Dessert	Jacket Potato	F11, PL1 Tuna Baguette or Jacket Potato	Jacket Potato	V179, PL6 Roasted Veg and Hummus Wrap or Jacket Potato	Jacket Potato	
MENU KEY	MENU KEY Added Plant Power Cream Wholemeal D219 Syrup Snap Biscuit Vegan Chef's Cakeal Callable Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection					If you would like to know about particular Whipped Creamease 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	
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