MARGARET MCMILLAN MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetabix with Milk (V) or Soya Milk (VE) Boiled Egg (V), Wholemeal Soldiers (VE) Banana Fingers	Peach & Berry Porridge made with Milk (V) or Soya Milk (VE) Banana Fingers (VE)	Weetabix with Milk (V) or Soya Milk (VE) Toasted English Muffin (V)	Peach, Berry & Porridge made with Milk (V) or Soya Milk (VE) Toast (V) with Spread (VE) Banana Fingers (VE)	Banana Porridge made with Milk (V) or Soya Milk (VE) Pancake (V) Berries & Watermelon (VE)
MORNING SNACK	Melon Fingers (VE)	Melon Fingers (VE)	Pitta Sticks (V) and Cucumber Sticks (VE)	Banana Fingers (VE)	Wholemeal Bread Fingers (VE) with Yoghurt & Cucumber Dip (VE)
LUNCH	Classic Soya Mince Spaghetti Bolognaise (VE) Hearty Beef & Lentil Bolognaise Broccoli (VE) Sweetcorn (VE) & Mixed Leaf Salad (VE) Natural Yoghurt (V) with Tinned Pears(VE)	Red Pepper & Cheese Frittata (V) with Mashed Potato and Gravy (VE) Roast Chicken with Mash and Gravy Spring Greens (VE), Cauliflower (VE) & Carrot Sticks (VE) Natural Yoghurt (V) & Banana Fingers (VE)	Mildly Spiced Mixed Bean Jollof Rice (VE) Chicken Jollof Rice Green Beans (VE), Red Cabbage (VE) & Cucumber Sticks (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)	Butternut Squash & Lentil Lasagne (V) Beef & Lentil Lasagne Carrot & Courgette Medley (VE) & Potato & Chive Salad (VE) Pear Cobbler (VE) with Custard (V)	Vegetable Sticks (VE) with Natural Yoghurt (V) Cheese and Tomato Pizza Steamed Peas (VE), Baked Beans (VE) & Sweetcorn Salsa (VE)
	A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)				
AFTERNOON SNACK	Crudités (VE) with Yoghurt and Cucumber Dip (V)	Pitta Sticks (VE) and Soft Cheese (VE)	Apple Slices (VE)	Pitta Bread (V) With Soft Cheese (V)	Melon Fingers (VE)
TEA	Houmous (VE) & Crudites (VE) ~ Vegetable & Bean Fajitas With Rice (V) with Carrot & Beetroot (VE)	Pear (VE) & Cheese Slices (V) ~ Caribbean Squash & Butterbean Curry (VE)	Wholemeal Lentil Pasta Bake (VE) With Broccoli (VE) ~ Natural Yoghurt (V) with Orange Wedges	Red Pepper Frittata (VE) & Parsley Potatoes (VE) with Broccoli (VE) ~ Melon (VE) & Natural Yoghurt (V)	Jacket Potato with Baked Beans, Cheese and Tuna (V) ~ Fruit & Veg: Pineapple (VE) & Tomato Quarters (VE)

MENU KEY

- Added Plant Protein
- Low Carbon Planet Friendly
- Wholemeal
- Contains Flaxseed (High in Omega-3)
- (V) Vegetarian
- (VE) Vegan

Available Daily:

- Daily salad selection (V/VE)
- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

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 allergen cross contact.

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MARGARET MCMILLAN MENU WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Peach and Berry Porridge made with Milk (V) or Soya Milk (VE) Wholemeal Toast (VE) Fresh Orange Wedges (VE)	Weetabix with Milk (V) or Soya Milk (VE) Boiled Egg (V), Wholemeal Bagel (V) and Roasts (VE)	Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE) Toast (V) with Spread (VE) Banana Fingers (VE)	Berry & Flaxseed Porridge made with Milk (V) or Soya Milk (VE) Toasted Wholemeal Bagel (V) Fresh Pear Slices (VE)	Weetabix with Milk (V) or Soya Milk (VE) Pancakes (V)
MORNING SNACK	Pitta Sticks (VE) with Spread (VE)	Seasonal Pear Quarters (VE)	Wholemeal Bread Fingers (V) with Yoghurt & Cucumber Dip (VE)	Banana Fingers (VE)	Pitta Bread (V) with Yoghurt & Cucumber Dip (V)
LUNCH	Classic Soya Mince Spaghetti Bolognaise (VE) Hearty Beef Lentil Bolognaise Steamed Carrots & Peas (VE) & Pepper Sticks (VE) Natural Yoghurt (V) Fruits of the Forest (VE)	Chef's Special aubergine & potato curry (VE) With Rice (VE) Chicken Tikka Masala with Rice Green Beans (VE), Sweetcorn (VE) Carrot Sticks (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)	Parsnip & Swett Potato Loaf (V) with Skin on Roast Potatoes or New Potatoes (VE) & Gravy (VE) Cottage Pie (VE) & Gravy (VE) Roasted Cabbage (VE), Cauliflower (VE) & Rainbow Slaw (VE) Apple & Blackberry Crumble (VE) with Ice Cream (V)	Creamy Butterbean Macaroni Cheese (V) with Garlic & Herb Bread (VE) Tomato Lentil and Basil Pasta with Garlic & Herb Bread Broccoli (VE) Cauliflower (VE) & Cucumber Sticks (VE) Bananas (VE) & Custard (V)	Cheese and Tomato Pizza (V) Baked Beans (VE), Peas (VE) & Cucumber Salad (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)
AFTERNOON SNACK	Crudités (VE) with Soft Cheese (V)	A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE) Wholemeal Bread Fingers (VE) with Spread (VE)	Melon Fingers (VE)	Pitta Sticks (V) with Soft Cheese (V)	Banana Fingers (VE)
TEA	Vegetable & Bean Fajitas with Rice (VE) with Courgettes (VE) ~ Orange Slices (VE)	Tomato Lentil Basil Pasta (V) Sweet Potato Salad (VE) ~ Seasonal Apples Wedges (VE)	Crudites (VE) with Butterbean Dip (VE) ~ Pea, Spinach and Tomato Frittatas (V) with Herby Couscous and Sweetcorn	Caribbean Squash Butterbean Curry (V) Berries (VE) with Natural Yoghurt (V)	Jacket Potato with Baked Beans and Cheese(VE) ~ Fruit & Veg: Melon (VE) & Carrot Sticks (VE)

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Available Daily:

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- Fresh Fruit (VE)
- Natural Yoghurt (V)
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MARGARET MCMILLEN MENU WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Banana & Flaxseed Porridge made with Milk (V) or Soya Milk (VE) Wholemeal Toast (V) Banana Fingers (VE)	Weetabix (VE) with Milk (V) or Soya Milk (VE) Boiled Egg (V), Wholemeal Bagel (V)	Apple and Cinnamon Porridge made with Milk (V) or Soya Milk (VE) Toast (V) with Spread (VE) Orange Wedges (VE)	Weetabix (VE) with Milk (V) or Soya Milk (VE) Boiled Eggs with Wholemeal Bagel	Berry & Flaxseed Porridge made with Milk (V) or Soya Milk (VE) Pancake (V) Banana Slices (VE)
MORNING SNACK	Pitta Sticks (V) with Yoghurt & Cucumber Dip (V)	Banana Fingers (VE)	Pitta Sticks (VE) and Soft Cheese (V)	Apple Slices (VE)	Wholemeal Bread Fingers (V) with Yoghurt & Cucumber Dip (VE)
LUNCH	Mildly Spiced Mixed Bean Jollof Chicken Jollof Sweetcorn (VE) Carrots (VE) & Fresh Broccoli Salad (VE) Eves Pudding (V) with Custard (V)	Soya Mince Cottage Pie(VE) with Gravy (VE Cottage Pie with Gravy Green Beans (VE) Roasted Peppers (VE) & Homemade Coleslaw (V) Natural Yoghurt (V) with Blackberries (VE)	Classic Soya Mince Spaghetti Bolognaise (VE) Hearty Beef & Lentil Spaghetti Bolognaise Roasted Carrots (VE), Cabbage (VE) Swede (VE) Natural Yoghurt (V) & Fresh Fruit Salad (VE)	Chefs Special Moroccan Vegetable & Chickpea Couscous (VE) Roast Chicken with Mash Potato & Gravy Roasted Cauliflower (VE) Beetroot & Orange Salad (VE) & Mixed Leaf Salad (VE) Apple & Blackberry Crumble with Custard (V)	Cheese and Tomato Pizza (V) Steamed Peas (VE) Baked Beans (VE), Sweet Potato & Coriander Salad (VE) Natural Yoghurt (V) and Fresh Fruit Salad (VE)
	A selection of seasonal fresh fruits served daily including apple, pear, banana, oranges & melon (VE)				
AFTERNOON SNACK	Crudités (VE) with Yoghurt and Cucumber Dip (V)	Wholemeal Bread Fingers (VE) with Spread (VE)	Melon Fingers (VE)	English Muffin (V) with Yoghurt & Cucumber Dip (V)	Banana Fingers (VE)
TEA	Caribbean Squash & Butterbean Curry (VE) with Cucumber and Beetroot Salad (VE) ~ Apple Slices (VE) with Natural Yoghurt (V)	Wholemeal Tomato & Lentil Pasta (VE) with Peas (VE) ~ Orange Wedges (VE) & Natural Yoghurt (V)	Melon Boats (VE) ~ Red Pepper and Cheese Frittata (V) with Parsley Potatoes (VE) and Broccoli (VE)	Chicken & Bean or Vegetable & Bean Fajitas (VE) with 50% Wholemeal Rice (VE) ~ Natural Yoghurt (V) & Banana (VE)	Jacket Potato with Baked Beans, Cheese Tuna (V) ~ Fruit & Veg: Tinned Pears (VE) & Cucumber Sticks (VE)

MENU KEY

Added Plant Protein · Low Carbon Planet Friendly · Wholemeal · Contains Flaxseed (High in Omega-3) · (V) Vegetarian (VE) Vegan

Available Daily:

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- Fresh Fruit (VE)
- Natural Yoghurt (V)
- Drinking Milk (V/VE)
- Tap Water

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