**CHEFS IN SCHOOLS MENU Apr – May 2023**

**Wherever possible, all food is homemade on site from local, British ingredients**

**Allergen free options will always be available**

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| WHAT’S FOR LUNCH? | | | |  | | WEEK 1 | |
|  | **MONDAY**  April 15th, April 29th, May 13th | **TUESDAY**  April 16th, April 30th , May 14th | **WEDNESDAY**  April 17th, May 1st , May 15th | | **THURSDAY**  April 18th, May 4th , May 16th | | **FRIDAY**  April 19th, May 5th , May 17th |
| MAIN (OPTION 1) | **PASTA DAY**  **Tomato & Miso Spaghetti**  **CEREALS / SOYA** | **POULTRY DAY**  **Chicken Tikka Masala curry**  **MILK** | **VEGETARIAN DAY**  **Margarita pizza**  **CEREALS / SOYA** | | **RED MEAT DAY**  **Star anise beef bulgogi**  **CELERY** | | **FISH DAY**  **Jerk Salmon cream cheese pasta**  **MILK / FISH / MUSTARD** |
| MAIN (OPTION 2) | **Pea pesto penne pasta**  **CEREALS** | **Squash and chickpea curry**  **SOYA** | **Allergy free options available**  **Same as option 1** | | **Mushroom Bukgogi**  **CELERY** | | **Jerk Cauliflower GF white sauce penne pasta** |
| SIDES  Where main includes, portion will be offered as optional extra | **Sundried Tomato Foccacia**  **CEREALS** | **Steamed white Rice**  **&**  **Naan Bread**  **CEREALS / MILK** | **Steamed peas** | | **Tiger Bread**  **CEREALS / SESAME** | | **Breadcrumb topping**  **&**  **Coronation coleslaw** |
| VEGETABLES | **Sliced cucumber** | **Raija, Onion salad &**  **Chutney**  **MILK / SULPHITES** | **Steamed Sweetcorn** | | **Green beans**  **SESAME** | | **Steamed broccoli** |
| EXTRAS | **Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily**  **Tuesday: Stone fruit cobbler Thursday: Pineapple upside down cake**  **Rushey Green Garden Salad Bar**  **(Contain eggs, milk and gluten)** | | | | | | |

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| WHAT’S FOR LUNCH? | | | |  | | WEEK 2 | |
|  | **MONDAY**  April 22nd, May 6th , May 20th | **TUESDAY**  April 23th, May 7th, May 21st | **WEDNESDAY**  April 24th, May 8th , May 22nd | | **THURSDAY**  April 25th, May 9th, May 23rd | | **FRIDAY**  April 26th, May 10th, May 24th |
| MAIN (OPTION 1) | **PASTA DAY**  **Puntanesca pasta**  **CEREALS / SULPHITES** | **POULTRY DAY**  **Chicken Adobo Legs** | **VEGETERIAN DAY**  **Red Lentil and Aubergine moussaka**  **CEREALS / MILK** | | **RED MEAT DAY**  **Chilli beef tortilla nacho’s**  **CELERY / MILK** | | **FISH DAY**  **Battered Fish**  **FISH / CEREALS** |
| MAIN (OPTION 2) | **Cacia pepe Spaghetti**  **CEREALS / MILK** | **Sticky deep fried Aubegine**  **SOYA** | **Same as option 1** | | **Mixed bean chilli Tortilla nachos**  **CELERY / SOYA** | | **Deep fried crispy smokey Tofu**  **SOYA / CEREALS** |
| SIDES  Where main includes, portion will be offered as optional extra | **Basil Pesto Foccacia**    **CEREALS** | **Wraps**  **&**  **Sesame rice**  **CEREALS / SESAME** | **Garlic bread**  **CEREALS** | | **Salsa & crème fraiche**  **CEREALS** | | **Skin on fries &**  **Tar tar sauce**  **MIlK / SULPHITES / EGG** |
| VEGETABLES | **Sliced cucumber** | **Pickled Achara**  ***Carrot and turnip pickle***    **SULPHITES** | **Steamed peas** | | **Corn on cob** | | **Sweetcorn** |
| EXTRAS | **Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily**  **Tuesday: Banana and chococlate chip cake Thursday: Beetroot chocolate brownie**  **Rushey Green Garden Salad Bar**  **(Contain eggs, milk and gluten)** | | | | | | |