**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** |
| SIDESWhere 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** |
| SIDESWhere 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)** |