**CHEFS IN SCHOOLS MENU June – July 2024**

**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 | |
| June 3rd, June 17th, July 1st, July 22nd | **MONDAY** | **TUESDAY**  June 4th, June 18th, July 2nd, July 16th | **WEDNESDAY**  June 5th, June 19th , July 3rd, July 17th | | **THURSDAY**  June 6th, June 20th , July 4th , July 18th | | **FRIDAY**  June 7th, June 21st , July 19th |
| MAIN (OPTION 1) | **PASTA DAY**  **Tomato & Miso Spaghetti**  **CEREALS / SOYA** | **POULTRY DAY**  **Chicken sausages**  **CEREALS** | **VEGETARIAN DAY**  **Margarita pizza**  **CEREALS / SOYA** | | **RED MEAT DAY**  **Lamb Lasagne**  **CELERY / CEREALS / MILK** | | **FISH DAY**  **Fish pie**  **MILK / FISH / MUSTARD** |
| MAIN (OPTION 2) | **Cauliflower mac and cheese penne pasta**  **CEREALS / MILK / MUSTARD** | **Squash and tomato sausage**  **SOYA** | **Allergy free options available**  **Same as option 1** | | **Squash and red lentil Lasagne**  **CELERY** | | **Pea and mint frittata**  **MILK / EGG** |
| SIDES  Where main includes, portion will be offered as optional extra | **Sundried Tomato Foccacia**  **CEREALS** | **Gravy** | **Steamed peas** | | **Garlic Bread**  **CEREALS** | | **Breadcrumb topping**  **&**  **Coronation coleslaw** |
| VEGETABLES | **Sliced cucumber** | **Mashed potato**  **&**  **Sweetcorn and peas**  **MILK** | **Steamed Sweetcorn** | | **Green beans** | | **Steamed broccoli** |
| EXTRAS | **Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily**  **Tuesday: Carrot Cake Thursday: Rice pudding**  **Rushey Green Garden Salad Bar**  **(Contain eggs, milk and gluten)** | | | | | | |

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| WHAT’S FOR LUNCH? | | | |  | | WEEK 2 | |
|  | **MONDAY**  June 10th, June 24th, July 8th,July 22nd | **TUESDAY**  June 11th,June 25th , July 9th, July 23rd | **WEDNESDAY**  June 12th, June 26th, July 10th | | **THURSDAY**  June 13th, June 27th, July 11th | | **FRIDAY**  June 14th, June 28th, July 12th |
| MAIN (OPTION 1) | **PASTA DAY**  **Tomato Spaghetti**  **CEREALS / SULPHITES** | **POULTRY DAY**  **Barbecue chicken wings**  **SESAME / SOYA** | **VEGETARIAN DAY**  **Margarita pizza**  **CEREALS / SOYA** | | **RED MEAT DAY**  **Chilli beef taco’s**  **CELERY / MILK** | | **FISH DAY**  **Battered Fish**  **FISH / CEREALS** |
| MAIN (OPTION 2) | **Basil pesto penne**  **CEREALS** | **Sticky deep fried Aubegine tofu curry**  **SOYA** | **Allergy free options available**  **Same as option 1** | | **Mixed bean chilli Taco’s**  **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**  **&**  **Noodles**  **CEREALS / SESAME** | **Steamed peas** | | **Steamed Rice** | | **Skin on fries &**  **Homemade ketchup**  **SULPHITES** |
| VEGETABLES | **Sliced cucumber** | **Roasted carrots** | **Steamed Sweetcorn** | | **Tomato salad** | | **Mushey peas** |
| EXTRAS | **Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily**  **Tuesday: Banana bread Thursday: Beetroot chocolate brownie**  **Rushey Green Garden Salad Bar**  **(Contain eggs, milk and gluten)** | | | | | | |