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