

Made in your school kitchen! We prepare and cook all our menu items, so if you need to know the ingredients - please ask All our meals are made daily from fresh locally sourced and seasonal produce from Kent

#### DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

	MONDAY 15 APRIL	TUESDAY 16 APRIL	WEDNESDAY 17 APRIL	THURSDAY 18 APRIL	FRIDAY 19 APRIL
MAIN	100% Cod Fish Fingers (1, 4)	Beef Spaghetti Bolognaise with Garlic Bread (1, 8, 9)	Roast Turkey	Mild Chicken Curry with Rice and Poppadum (1)	Cheese and Tomato Pizza (1, 8, 9)
Veggie	Cheese and Tomato Turnover (1, 9)	Mushroom Risotto (10)	Cauliflower and Broccoli Cheese in a Yorkshire Pudding (1, 7, 9, 11)	Mixed Vegetable Cottage Pie	Vegetarian Sausage in a Roll (1)
PASTA	Tomato and Basil Pasta (1)		Salmon and Chive Carbonara (1, 4, 9)		Roasted Pepper Spirals (1)
POTATO		Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
SIDES	Herby Potatoes, BBQ Beans and Salad Bar	Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Sweetcorn and Salad Bar	Chips, Baked Beans and Salad Bar
DESSERT	Apple and Cinnamon Crumble with Custard (1, 9)	Tutti Frutti Tuesday	Sticky Toffee Pudding with Custard (1, 7, 9, 14)	Fruity Flapjack (1)	Chocolate and Orange Cookie (1)
	AVAILABLE DAILY - I	OMEMADE WHOLEMEAL BREAD	• JELLY • FRESH FRUIT • CHEESE A	ND BISCUITS • FRESH SALAD BAR	

1 CEREALS CONTAINING GLUTEN 2 CRUSTACEANS

**3 MOLLUSCS** 

4 FISH

ALLERGEN KEY 5 PEANUTS 7 EGGS 6 NUTS 8 SOYBEANS

11 MUSTARD13 SESAME12 LUPIN14 SULPHUE

14 SULPHUR DIOXIDE

\*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE

9 MILK

10 CELERY

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING



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FRESHUKBEEF FRESHUKPORK FREERANGEEGGS ORGANICMILK LOCALFRUIT&VEG WHOLEMEALPASTA

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WEEK

4

**3 CHOICE MENU** 



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### DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

	MONDAY 22 APRIL	TUESDAY 23 APRIL	WEDNESDAY 24 APRIL	THURSDAY 25 APRIL	FRIDAY 26 APRIL
MAIN	Chicken in a Wrap (1)		Slow Cooked Roast Beef with Yorkshire Pudding (1, 7, 9)	Chicken Pie with New Potatoes (1)	Beefburger in a Bun (1, 8, 10, 11, 14)
VEGGIE	Mixed Bean Wrap (1)		Mixed Vegetable Casserole with a Herby Scone (1, 9)	Vegetable Biryani	Vegetarian Burger in a Bun (1, 8)
PASTA	Macaroni Cheese (1, 9, 11)	ST. GEORGE'S DAY	Arrabiata Pasta (1)		Red Pesto Linguine (1)
POTATO		Traditional Cumberland Sausages with Gravy (1, 7, 9, 14) Vegetarian Sausages with Gravy (1)		Jacket Potato with Topping of the Day	
SIDES	Savoury Rice, Garden Peas and Salad Bar	Jacket Potato with Topping of the Day Mashed Potato, Fresh Carrots and Salad Bar	Roast Potatoes, Fresh Broccoli and Mashed Swede	Green Beans and Salad Bar	Chips, Baked Beans and Salad Bar
DESSERT	Pineapple Upside Down Cake with Custard (1, 7, 9)	Jam Roly Poly with Custard (1, 7, 9)	Chocolate Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger (1)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

#### **ALLERGEN KEY 1** CEREALS CONTAINING GLUTEN **3 MOLLUSCS 5** PEANUTS 7 EGGS 9 MILK **11 MUSTARD** 13 SESAME **2 CRUSTACEANS** 4 FISH 6 NUTS 8 SOYBEANS 10 CELERY 12 LUPIN **14 SULPHUR DIOXIDE \*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE** INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

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#### DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE

WEEK

	MONDAY 29 APRIL	TUESDAY 30 APRIL	WEDNESDAY 1 MAY	THURSDAY 2 MAY	FRIDAY 3 MAY
	Bolognaise Pasta Bake (1, 9)	Pulled Pork Taco	Roast Turkey		Breaded Fish (1, 4)
GIE	Spinach and Chickpea Curry (1)	Cheese and Tomato Baked Pitta (1, 9)	Butternut Squash and Cherry Tomato Crumble (1)		Mixed Bean and Rice Burrito (1)
	Mediterranean Vegetable Pasta Bows (1)		Pea and Salmon Twirls (1, 4)	REFELOT.	Spinach and Feta Pasta (1, 9)
		Jacket Potato with Topping of the Day		Pikachu Chicken Nuggets (1, 10) Charmander Quorn Nuggets (1)	
	Fresh Broccoli and Salad Bar	Cubed Potatoes, Sweetcorn and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	Bulbasaur Jacket Potato with Topping of the Day Wartortle Herby Potatoes, Weedle Spaghetti Hoops and Salad Bar	Chips, Baked Beans and Salad Bar
ERT	Lemon Drizzle Cake with a Lemon Sauce (1, 7)	Tutti Frutti Tuesday	Banana Loaf and Custard (1, 7, 8, 9)	Sandshrew Chocolate Cookie (1)	Blueberry Cupcake (1, 7)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

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	MONDAY 6 MAY	TUESDAY 7 MAY	WEDNESDAY 8 MAY	THURSDAY 9 MAY	FRIDAY 10 MAY
MAIN		Traditional Toad in the Hole with Gravy (1, 7, 9, 14)	Slow Cooked Roast Beef with Yorkshire Pudding (1, 7, 9)	Beef Lasagne with Herby Bread (1, 8, 9, 11)	100% Cod Fishfingers (1, 4)
VEGGIE		Vegetarian Toad in the Hole with Gravy (1, 7, 9)	Leek and Potato Pie with a Shortcrust Topping (1, 9, 11)	Mixed Bean and Vegetable Chilli with Rice	Falafel Kebab with a BBQ Sauce (7, 14)
PASTA	BANK HOLIDAY	Chunky Tomato Spirals (1)		Fresh Pesto Pasta (1)	
POTATO			Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day
SIDES		Mashed Potato, Fresh Broccoli and Salad Bar	Roast Potatoes, Fresh Carrots and Cabbage	Garden Peas and Salad Bar	Chips, Baked Beans and Salad Bar
DESSERT		Strawberry Jelly Mousse (9)	Pear Sponge with Chocolate Sauce (1, 7, 9)	Tutti Frutti Thursday	Melting Moment Cookie (1)
	AVAILABLE DAILY	- HOMEMADE WHOLEMEAL BREAD	• JELLY • FRESH FRUIT • CHEESE A	AND BISCUITS • FRESH SALAD BAR	

1 CEREALS CONTAINING GLUTEN	3 MOLLUSCS	5 PEANUTS	7 EGGS	9 MILK	11 MUSTARD	13 SESAME	
2 CRUSTACEANS	4 FISH	6 NUTS	8 SOYBEANS	10 CELERY	12 LUPIN	14 SULPHUR DIOXIDE	
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MONDAY 13 MAY	TUESDAY 14 MAY	WEDNESDAY 15 MAY	THURSDAY 16 MAY	FRIDAY 17 MAY
Beef Enchiladas with Rice (1, 9)	Chicken Pitta Pocket (1)	Roast Gammon with Pineapple		Chicken Nuggets with Katsu Sauce (1, 10)
Mixed Vegetable Enchilada with Rice (1, 9)	Cheese and Onion Pinwheel (1, 9)	Spring Vegetable Casserole with a Herby Crust (1)	EUROPEAN DAY	Quorn Nuggets (1)
	Macaroni Cheese (1, 9, 11)			
Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	Traditional British Cottage Pie Italian Mozzarella and Tomato Pizza (1, 8, 9) Bulgarian Vegetable Ragu	Jacket Potato with Topping of the Day
Fresh Broccoli and Salad Bar	Herby Potatoes, Garden Peas and Salad Bar	Roast Potatoes, Fresh Carrots and Green Beans	with Tagliatelle (1) Mixed Garden Peas and Sweetcorn Austrian Cherry Strudel (1)	Chips, Baked Beans and Salad Bar
Mixed Berry Cheesecake (1, 8, 9)	Raspberry Ripple Cupcake (1, 7)	Marble Sponge with Custard (1, 7, 9)		Chocolate Krispie Cake (1, 9)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

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MONDAY 20 MAY	TUESDAY 21 MAY	WEDNESDAY 22 MAY	THURSDAY 23 MAY	FRIDAY 24 MAY
Chicken Curry with Rice and Poppadum (1)	Beefburger in a Bun (1, 8, 10, 11, 14)	Roast Turkey	Breaded Fish (1, 4)	Inset Day
Bean and Vegetable Goulash with Cous Cous (1)	Hand Made Vegetarian Burger in a Bun (1, 8)	Courgette, Potato and Feta Slice (1, 9)	Homemade Vegetable Spring Roll (1, 8)	
Chunky Tomato Pasta (1)		Tomato and Basil Pasta (1)		
	Jacket Potato with Topping of the Day		Jacket Potato with Topping of the Day	
Fresh Broccoli and Salad Bar	Herby Potatoes, Stack a Burger from the Salad Bar	Roast Potatoes Fresh Carrots and Green Beans	Chips, Baked Beans and Salad Bar	
Tutti Frutti Monday	Apricot Cupcake (1, 7)	Apple Cake with a Crunchie Topping with Custard (1, 7, 9)	Chef's Delight	

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