

## Beef free menu - April - October 2018

Excluded Items	Minced beef or sliced beef				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> April 16 May 7 June 4 June 25 July 16 September 17 October 8	Baked sausage roll Tomato relish Mashed potatoes		BBQ chicken fillet Herby oven baked diced potatoes	Turkey sweet chilli Rice	Baked fish fingers and tomato ketchup Chips
	Sweet potato and lentil curry Naan bread Rice	Quorn nuggets (vegan) Gravy	Pizza	Vegetarian sausages and gravy Mashed potatoes	Vegetable lasagne Garlic bread
	Sweetcorn Green beans	Roast potatoes Broccoli, carrot and cauliflower mix	Sweetcorn Peas	Broccoli Cauliflower	Baked beans Peas
	Ice cream, smoothies, apple lolly	Mini biscuit and fruit wedges	Fruit flapjack	Jelly, angel delight, yoghurt, fresh fruit	Lemon muffin
<b>Week 2</b> April 23 May 14 June 11 July 2 September 3 September 24 October 15		Roast chicken Roast potato Gravy	Vegetable tagine Jewelled cous cous	Chicken, vegetable and potato bake	Battered fish and tomato ketchup Chips
	Vegetarian puff Mashed potatoes	Broccoli & cauliflower bake Tomato bread Coleslaw	Pizza	Italian tomato pasta Garlic bread finger	Falafel wrap with a tomato dressing and mixed salad
	Trio of vegetables Baked beans	Diced carrots Green beans	Green beans sweetcorn	Broccoli Baton carrots	Peas Sweetcorn with mixed peppers
	Ice cream, smoothies, apple lolly	Mini biscuit and fruit wedges	Carrot cake	Jelly, angel delight, yoghurt, fresh fruit	Chocolate oaty cookie
<b>Week 3</b> April 30 May 21 June 18 July 9 September 10 October 1	Bubble salmon Potatoes of the day	Roast pork Roast potatoes Gravy	Tangy chicken curry Naan bread Rice	Baked pork sausages Potato wedges	Baked fish fingers and tomato ketchup Chips
	Macaroni cheese Garlic bread finger	Quorn tomato pasta bake	Pizza Coleslaw	Vegetarian balls in tomato sauce with pasta Garlic bread finger	Red lentil flan New potatoes
	Peas	Broccoli, carrot and cauliflower mix	Green beans Diced carrot	Broccoli Carrots	Baked beans Peas
	Ice cream, smoothies, apple lolly	Mini biscuit and fruit wedges	Brownie	Jelly, angel delight, yoghurt, fresh fruit	Cheese and apple wedges
<b>Available Items</b>	Served with additional bread and seasonal salad A selection of fresh fruit, organic yoghurt, fruity pots, jelly, angel delight, rice pots, fruit juice, cheese and biscuits Jacket potatoes with either baked beans, cheese or tuna mayonnaise				