

# Holy Trinity Summer Week 1 Menu



## Breakfast

|                | Monday   | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---------|-----------|----------|--------|
| <b>Cereals</b> | Weetabix (GW), Cornflakes (GW), Rice Krispies (GW), Cheerios (GW) and Shreddies (GW)         |         |           |          |        |
| <b>Bread</b>   | Wholemeal Toast (GW) (SOY), bagels (GW) (D), crumpets (GW) (D), and English muffins (GW) (D) |         |           |          |        |
| <b>Spreads</b> | Jam, honey, dairy free spread and butter (D)   |         |           |          |        |
| <b>Fruit</b>   | Assorted fruit   |         |           |          |        |
| <b>Drink</b>   | Water, milk (D), orange juice and apple juice  |         |           |          |        |

## Lunch

| Week 1   |  |   |  |  |
|--|--|---|--|--|
| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
| Jacket Potato with Tuna Mayo (E), (FISH), Cheese (D) and baked beans | Chicken thighs with roast potatoes, green beans and carrots          | Macaroni tomato pasta bake topped with applewood cheese (GW), (D) | Roasted chicken Katsu curry and rice served with flatbreads (GW)<br><br>*Competition winner, Luella, Springfield | Fish/salmon fish cake (GW), (FISH) and chips with peas and tartare sauce |
| Vegetarian Option  |  |   |  |  |
| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
| Jacket Potato and Cheddar Cheese (D) and dressed green beans         | Seasoned cauliflower steak w/roast potatoes, green beans and carrots | Macaroni tomato pasta bake topped with applewood cheese (GW), (D) | Vegetable tempeh (GW), (SOY) katsu curry and rice Served with flatbreads (GW)                                    | Mixed bean and roasted pepper vegan taco (GW) with chips                 |
| Salad Bar  |  |   |  |  |
| Tomato and basil balsamic (sulphites) beetroot                       | Sweetcorn & cucumber   | Grated carrot greek salad (D)                                     | Baby gem with minted yoghurt (D)   | Sliced cucumber & sweetcorn  |
| Desert   |  |   |  |  |
| Fruit  | Flapjack (D)(GW)   | Greek yoghurt with mango puree (D)                                | Baked vanilla sponge and custard (GW) (E) (D)  | fresh fruit, fruit ice lollies/ ice cream (D)                            |

## Extended Day Snack

|                              | Monday   | Tuesday  | Wednesday   | Thursday                            | Friday  |
|------------------------------|--|--|---|-------------------------------------|---|
| <b>Main / Vegetable Dish</b> | Reduced salt baked beans and toast triangles (GW) (SOY) and spread (D) | Wholemeal Pitta pockets (GW) with hummus or cheese (D) | Wholemeal bagels/bread (GW), butter, jam, chicken or cheese (D) | Cheese (D) and Jacobs crackers (GW) | Wholemeal bagels/bread (GW), butter, jam, chicken or cheese (D) |
| <b>Vegetable</b>             | Cucumber and carrot sticks   | Mixed peppers and celery sticks                        | Cucumber and carrot sticks                                      | Mixed peppers and celery sticks     | Cucumber and carrot sticks                                      |
| <b>Dessert</b>               | Fresh Fruit  | Jelly Pots   | Fruit Yoghurt Pots (D)  | Fresh Fruit                         | Fresh Fruit   |

(GW) - GLUTEN WHEAT (GS) - GLUTEN SEMOLINA (D) - DAIRY (E) - EGG (SOY) - SOY (FISH) - FISH

# Holy Trinity Summer Week 2 Menu



## Breakfast

|                | Monday   | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---------|-----------|----------|--------|
| <b>Cereals</b> | Weetabix (GW), Cornflakes (GW), Rice Krispies (GW), Cheerios (GW) and Shreddies (GW)         |         |           |          |        |
| <b>Bread</b>   | Wholemeal Toast (GW) (SOY), bagels (GW) (D), crumpets (GW) (D), and English muffins (GW) (D) |         |           |          |        |
| <b>Spreads</b> | Jam, honey, dairy free spread and butter (D)   |         |           |          |        |
| <b>Fruit</b>   | Assorted fruit   |         |           |          |        |
| <b>Drink</b>   | Water, milk (D), orange juice and apple juice  |         |           |          |        |

## Lunch

| Week 2   |   |   |   |  |
|--|---|---|---|--|
| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
| Sweet & sour (SOY) (SULPHITE) chicken w/ noodles (E), (GW) | Roast pepper and mozzarella, tomato pizza (cheese and tomato), (GW), (D), baby potato and chive salad | Cajun chicken wrap herb lime bulgar wheat (GW), guacamole   | Lamb bolognese spaghetti (GW) served with parmesan cheese (D)                 | Moroccan chicken burger (GW) with chips gherkins, mayo, ketchup (CELERY) |
| Vegetarian Option  |   |   |   |  |
| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
| Vegetable sweet and sour noodles (E), (GW)                 | Roast pepper and mozzarella, tomato pizza (cheese and tomato), (GW), (D), baby potato and chive salad | Vegetable bean wrap, herb lime bulgar wheat (GW), guacamole | Vegetable and lentil ragu with spaghetti (GW) served with parmesan cheese (D) | Veggie tofu (SOY) burger with chips gherkins, mayo, ketchup (CELERY)     |
| Salad Bar  |   |   |   |  |
| Green beans with lemon oil & cherry tomatoes               | Caesar salad & beetroot   | Sweetcorn & coleslaw  | Tomato, oregano, olive & cucumber   | Grated carrot & iceberg lettuce  |
| Desert   |   |   |   |  |
| Fruit  | Carrot cake (GW), (D), (E)  | Greek yoghurt (D) with fresh summer berries                 | Chocolate sponge cake with custard (GW), (D), (E), (SOYA)                     | Fruit/ice cream (D)  |

## Extended Day Snack

|                              | Monday   | Tuesday  | Wednesday   | Thursday                            | Friday  |
|------------------------------|--|--|---|-------------------------------------|---|
| <b>Main / Vegetable Dish</b> | Reduced salt baked beans and toast triangles (GW) (SOY) and spread (D) | Wholemeal Pitta pockets (GW) with hummus or cheese (D) | Wholemeal bagels/bread (GW), butter, jam, chicken or cheese (D) | Cheese (D) and Jacobs crackers (GW) | Wholemeal bagels/bread (GW), butter, jam, chicken or cheese (D) |
| <b>Vegetable</b>             | Cucumber and carrot sticks   | Mixed peppers and celery sticks                        | Cucumber and carrot sticks                                      | Mixed peppers and celery sticks     | Cucumber and carrot sticks                                      |
| <b>Dessert</b>               | Fresh Fruit  | Jelly Pots   | Fruit Yoghurt Pots (D)  | Fresh Fruit                         | Fresh Fruit   |

(GW) - GLUTEN WHEAT (GS) - GLUTEN SEMOLINA (D) - DAIRY (E) - EGG (SOY) - SOY (FISH) - FISH