

# Two Choice Menu April 2021

Fruit—40g portion

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Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Macaroni Garlic Bread	Mince & Pots	Chicken Curry & Rice	Steak Pie & Boiled Pots	Fish & Chips
or	or	or	or	or
Seasonal Veg Soup & Sandwich (Meat Free)	Savoury Rice	Lentil Soup & Sandwich	Carrot & Coriander Soup & Sandwich	Cheese & Tomato Quiche Chips
Beans Sweetcorn	Cabbage	Green Beans Sweetcorn	Carrots Broccoli	Coleslaw Seasonal Mixed Salad
Yoghurt & <b>Fruit</b> or Fruit	Creamed Rice & <b>Fruit</b> or Fruit	Biscuits, Cheese & <b>Fruit</b> or Fruit	Caramel Tart, Custard & <b>Fruit</b> or Fruit	Jelly & <b>Fruit</b> or Fruit
3 <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Thai veg noodles	Cajun Chicken & Rice	Sausages & wedges	Roast Chicken Mashed Potatoes Gravy	Fish Cakes & Chips (Salmon) (
Or	Or	Or	Or	Or
Lentil Soup Sandwich (MF)	Cheese and carrot salad	Baked Potato with filling	Mackerel or Mackerel pasta	Carrot & Coriander Soup & Sandwich
Green Beans	Sweetcorn Seasonal Salad	Beans Cherry Toms	Carrots Cauliflower	Peas Beans
Lemon & Sultana Muffin with <b>Fruit</b> or Fruit	Sticky Toffee, Custard and <b>Fruit</b> or Fruit	Seasonal Fruit Salad or Fruit	Rice pudding & <b>Fruit</b> or Fruit	Yoghurt or Jelly & <b>Fruit</b> or Fruit

Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Pizza & pasta	Spag Bolognese or pasta bolognese	Chicken & Vegetable Pie Roast pots	Roast Beef Yorkshire Pud Mashed Pots	Fish Fingers & Chips
or	or	or	or	or
Tomato Soup & Sandwich (MF) Carrot sticks	Cheese & pineapple Salad	Cauliflower & Broccoli Bake Roast Potatoes	Leek & Potato Soup & Sandwich , sliced peppers	Baked Potato & Filling - cheese/ tuna, beans
Carrot Sticks/ cherry tomatoes	Seasonal Mixed Salad	Peas or Sweetcorn	Carrots Cabbage	Coleslaw beans
Chocolate & banana brownie & <b>Fruit</b> or Fruit	Angel Delight & <b>Fruit</b> or Fruit	Apple Crumble & Custard or Fruit	Seasonal Fruit Salad or Fruit	Yoghurt or Biscuits & Cheese with <b>Fruit</b> or Fruit

Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Seasonal Vege- table Curry & Rice	Chicken or Veg Burger	Beef Stew Boiled Potatoes	Chicken Fajitas	Fish & Chips
or	Or	Or	Or	Or
Lentil Soup Sandwich M/F	Vegetable Soup Sandwich	Cauliflower & Broccoli Bake	Tomato Soup Sandwich	Baked Potato & Filling
Broccoli	Seasonal Salad Beans	Green Beans Parsnips	Sweetcorn Coleslaw	Spaghetti Hoops Sliced Peppers
Biscuits, Cheese with <b>Fruit</b> or Fruit	Apple Sponge & Custard or Fruit	Seasonal Fruit Salad or Fruit	Ice Cream & <b>Fruit</b> or Fruit	Yoghurt or Biscuits, Cheese with <b>Fruit</b> or Fruit

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