

IOW Spring Menu 2020



		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Option 1	Cheese and Tomato Pizza with Wedges	Sausage Roll with Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken with Rice	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Chickpea Curry with Rice	Vegan Sausage Roll with Wedges	Potato and Courgette Stack with Roast Potatoes	Tomato & Veg Pasta With Garlic Bread	Homemade Vegetable Sausage with Chips
	Vegetables	Sweetcorn Coleslaw	Cauliflower Broccoli	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station	Pineapple Cake Yoghurt Fresh Fruit
Week Two	Option 1	Chicken Curry with 50/50 Rice	Sausage, Mashed Potato & Gravy	Roast Turkey, Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Fish Fingers with Chips
	Option 2	Cheese Whirl with New Potatoes	Linda McCartney Sausages, Mashed Potato & Gravy	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetable Hotpot	Cheese & Tomato Quiche with Chips
	Vegetables	Sweetcorn Cabbage	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Apple Flapjack Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station	Orange & Lemon Shortbread Yoghurt Fresh Fruit
Week Three	Option 1	Cheese and Tomato French Bread Pizza	Spaghetti Beef Bolognaise	Roast Pork with Roast Potatoes and Gravy	Chicken Stir Fry with Noodles	Fish in Batter With Chips
	Option 2	Five Bean Chilli with Rice	Vegetable Bolognaise	Vegetable Wellington with Roast Potatoes & Gravy	Vegetarian Stir Fry with Noodles	Cheese Frittata with Chips
	Vegetables	Sweetcorn Broccoli	Swede Carrot	Carrots Peas	Green Beans Cauliflower	Baked Beans Peas
	Dessert	Oaty Cookie Yoghurt Fresh Fruit	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station	Chocolate & Orange Brownie Yoghurt Fresh Fruit

Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.