


## St Botolph's Summer Term Menu 2019

| <b>Menu Week 1</b> - Weeks commencing: 22nd April, 20th May, 24th June & 22nd July 2019 |                               |            |   |                 |                 |   |  |          |   |                          |                 |   |                       |            |   |
|---|-------------------------------|------------|---|-----------------|-----------------|---|--|----------|---|--------------------------|-----------------|---|-----------------------|------------|---|
| <i>Choose 1<br/>Main Course</i>   | <b>Monday</b>                 |            |   | <b>Tuesday</b>  |                 |   | <b>Wednesday</b>                             |          |   | <b>Thursday</b>          |                 |   | <b>Friday</b>         |            |   |
| Main Course 1   | Pork Sausage & Potato wedges  | ① ② ○      | ○ | Cheese Macaroni | ① ②<br>③ ⑤      | ○ | Roast Chicken, Roast Potatoes & Gravy        | ① ②<br>③ | ○ | Chicken Stir Fry         | ① ②<br>③ ④      | ○ | Turkey Burger & Chips | ① ②        | ○ |
| Main Course 2   | Quorn Sausage & Potato wedges | ⑤          | ○ | Tomato Macaroni | ① ②<br>③ ④<br>⑤ | ○ | Cheese & Onion Pasty, Roast Potatoes & Gravy | ③ ④<br>⑤ | ○ | Tomato Soup & Bread Roll | ① ②<br>③ ④<br>⑤ | ○ | Veggie Burger & Chips | ② ③<br>④ ⑤ | ○ |
| <i>Choose 1<br/>Dessert</i>   |                               |            |   |                 |                 |   |  |          |   |                          |                 |   |                       |            |   |
| Dessert 1   | Fruit Smoothie                | ① ②<br>③ ⑤ | ○ | Apricot Cake    | ① ②<br>③ ⑤      | ○ | Chocolate Frozen Dessert                     | ① ⑤      | ○ | Iced Sponge & sprinkles  | ① ②<br>③ ⑤      | ○ | Fruity Flapjack       | ② ③<br>⑤   | ○ |
| Dessert 2   | Fruit/Yoghurt                 | ① ③<br>⑤   | ○ | Fruit/Yoghurt   | ① ③<br>⑤        | ○ | Fruit/Yoghurt                                | ① ③<br>⑤ | ○ | Fruit/Yoghurt            | ① ③<br>⑤        | ○ | Fruit/Yoghurt         | ① ③<br>⑤   | ○ |
| <b>School Packed Lunch</b>  | Cheese Wrap                   | ① ②<br>③ ⑤ | ○ | Chicken Roll    | ① ②<br>③        | ○ | Ham Roll                                     | ① ②<br>③ | ○ | Cheese Sandwich          | ① ②<br>③ ⑤      | ○ | Ham Sandwich          | ① ②<br>③   | ○ |



Celebrating Faith,  
Learning and Success

**Key**

① = Gluten Free available  
 ② = Dairy Free available  
 ③ = Freshly prepared on site  
 ④ = Seasonal Vegetables

- For hot meals:** Choose main course 1 or 2 & dessert 1 or 2
- School packed lunches can only choose dessert 2

**Pick & Mix Packed lunch option includes:** Daily roll, wrap or sandwich, a selection of fruit, vegetables, yogurt & a piece of cake

- A salad bar & fresh bread is available daily
- At least 15% of the salad bar is grown in our school garden

Fresh milk & drinking water is available daily

All hot meals are served with a minimum of 2 different vegetables (in season as much as possible)