

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausages (G)	Lamb Bolognese	Roast Chicken	Cheese Flan (G,ML,E)	Salmon Fish Fingers
OPTION 2	Chicken Jalfrezi (G)	Cheese & Potato Pie (ML)	Pork Quesadilla (G,ML)	Lamb Meatballs in Tomato Sauce (E)	Spicy Chicken Puff (G,ML)
OPTION 1 (V)	Quorn Sausages (G,ML,E)	Vegetable Bolognese	Quorn Fillet (E)	Cheese Flan (G,ML,E)	Vegetable Burger (G)
OPTION 2 (V)	Mayflower's Vegetable Biryani (G,E,ML)	Cheese & Potato Pie (ML)	Vegetable Quesadilla (G,ML)	Quorn Meatballs in Tomato Sauce (G,E)	Potato & Pea Puff (G,ML)
SIDES	Creamed Potatoes (ML) Brown & White Rice or Naan Bread (G,ML) ~ Baked Beans Spicy Cauliflower (G) Mixed Salad	Pasta Twists (G) Malted Baguette (G,ML,E) ~ Sweetcorn Broccoli Beetroot & Onion Salad (G)	Roast Potatoes Jacket Potato ~ Brussel Sprouts Carrots Mixed Salad	Jacket Potato Pasta (G) ~ Broccoli Coronation Slaw (E) Mixed Salad	Chips Boiled Potatoes ~ Garden Peas Baked Beans Mixed Salad
	Tomato Sauce Cucumber Raita (ML)	Tomato Sauce	Gravy Stuffing (G) Mango Chutney	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Jammie Cookie (G) Chocolate Sponge (G,ML,E)	Chocolate Krispie Apple Crumble (G) & Custard (ML)	Lemon Shortbread (G,ML) Fruit Salad	Iced Fruit Sponge (G,ML,E) Coconut Cookie (G,ML,E)	Ice Cream (ML) Bridge's Beetroot Brownie (G,ML,E)
BREAD	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 20th May, 24th June, 2nd September, 30th September, 4th November

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Brunch Lunch (ML,E)	Piri Piri Chicken	Roast Chicken	Meat Feast Pizza (G,ML)	Fish Fingers (G)
OPTION 2	Macaroni Cheese (G,ML)	Shepherd's Pie (ML)	Lamb Mince Pasta Bake (G,ML)	Potato Topped Fish Pie (G,ML)	Sticky Spicy Chicken
OPTION 1 (V)	Vegetarian Brunch Lunch (G,ML,E)	Piri Piri Vegetables	Quorn Fillet (E)	Margherita Pizza (G,ML)	Vegetable Fingers (G)
OPTION 2 (V)	Macaroni Cheese (G,ML)	Vegetarian Shepherd's Pie (G,ML)	Broccoli & Spaghetti Bake (G,ML)	Roasted Vegetable Pizza (G,ML)	Sticky Spicy Vegetables
SIDES	Hash Brown Jacket Potato ~ Baked Beans Peas & Carrots Mixed Salad	Noodles (G,E) Malted Baguette (G,ML) ~ Sweetcorn Cob Broccoli Mixed Salad	Steamed New Potatoes Garlic Roll (G,ML,E) ~ Cauliflower & Broccoli Gratin (ML) Mixed Vegetables Greek Salad (ML)	Jacket Potato Tomato Bread (G,ML,E) ~ Baked Beans Coleslaw (E) Mixed Salad	Chips Vegetable Cous Cous (G) ~ Garden Peas Baked Beans Pasta & Bean Salad (G,E)
ACCOMPANIMENTS	Tomato Sauce	Gravy	Gravy Sage & Onion Stuffing (G)	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Ginger Biscuit (G,ML,E) Assorted Frozen Yogurt (ML)	Eves Pudding (G,ML,E) & Custard (ML) Oat & Raisin Biscuit (G,ML,E)	Iced Sponge (G,ML,E) Scraftoft Valley Cheesecake (G,ML)	Chocolate Tart (G,ML) Fruit Medley	Ice Cream (ML) Norwegian Biscuit (G,ML,E)
BREAD	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 29th April, 3rd June, 1st July, 9th September, 7th October

**G = Gluten ML = Milk/Lactose E = Eggs V = Vegetarian
For all other allergens please ask a member of catering staff**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pork Sausages (G)	Pork Loin in Gravy	Cheese Flan (G,E,ML)	Minced Lamb Cobbler (G,ML)	Bubble Coated Pollock Bites
OPTION 2	Salmon & Broccoli Bake (G,ML)	Lamb Moussaka (G,ML)	Cheese Flan (G,E,ML)	Chicken Curry (G)	Lamb Enchilada (G,ML)
OPTION 1 (V)	Quorn Sausages (G,E,ML)	Quorn Fillet (E)	Cheese Flan (G,E,ML)	Vegetable Cobbler (G,ML)	Cheese & Vegetable Bake (G,ML)
OPTION 2 (V)	Broccoli & Tomato Bake (G,ML)	Lentil Moussaka (G,ML)	South American Bean Chilli (G)	Chick Pea & Potato Curry (G)	Cajun Vegetable Enchilada (G,E,ML)
SIDES	Creamed Potatoes (ML) Malted Baguette (G,ML) ~ Baked Beans Mixed Vegetables Mixed Salad	Roast Potatoes Olive Bread (G,ML,E) ~ Broccoli Florets Baton Carrots Mixed Salad	Jacket Potato Vegetable Cous Cous (G) ~ Coleslaw (E) Baked Beans Carrot & Apple Salad	Boiled Potatoes Brown & White Rice ~ Peas Sweetcorn Mixed Salad	Chips Malted Baguette (G,ML) ~ Garden/Mushy Peas Mixed Vegetables Chick Pea Salad (G)
	Tomato Sauce	Gravy Apple Sauce	Tomato Sauce		Tomato Sauce Vinegar (G)
DESSERT	Sandfield's Chocolate Brownie (G,ML,E) Fruit Medley	Apple Crumble (G) & Custard (ML) Butterscotch Biscuit (G,ML,E)	Iced Sponge (G,ML,E) Jam & Cream Scone (G,ML,E)	Chocolate Haystack with Raisins (G,ML) Mousse (ML)	Ice Cream (ML) Fruit Flan (G,ML,E)
BREAD	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 6th May, 10th June, 8th July, 16th September, 21st October

Forest Lodge School Menu 2019

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Lamb Bolognese	Chicken Fricassée (G,ML)	Selection Of Pizza (G,ML)	Roast Chicken Fillet	Battered Pollock (G,ML)
OPTION 2	Salmon Fillet (G)	Lamb & Vegetable Pie (G)	Mayflower's Fish Curry (G)	Pork Meatballs (G)	Battered Pollock (G,ML)
OPTION 1 (V)	Vegetable Bolognese	Quorn Fricassée (G,ML,E)	Selection of Pizza (G,ML)	Quorn Fillet (E)	Quorn Burger (G,E,ML)
OPTION 2 (V)	Leek & Potato Frittata (E,ML)	Potato Topped Vegetable Pie (ML)	Chick Pea Curry (G)	Vegetable Beanie (G,ML)	Jacket Potato & Cheese (ML)
SIDES	Pasta Twists (G) Herbed Potatoes ~ Broccoli Coleslaw (E) Beetroot & Onion Salad (G)	Brown & White Rice Creamed Potatoes (ML) ~ Mixed Vegetables Shredded Cabbage Mixed Salad	Jacket Potato Cumin Bread (G,ML,E) ~ Baked Beans Sweetcorn & Mixed Peppers Potato Salad (E)	Roast Potatoes Malted Baguette (G,ML) ~ Broccoli & Carrots Garden Peas Mixed Salad	Chips Beetroot Flat Bread (G,ML,E) ~ Garden/Mushy Peas Baton Carrot Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Gravy	Tomato Sauce	Gravy Sage & Onion Stuffing (G) Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Iced Fruit Sponge (G,ML,E) Jumble Biscuit (G,E,ML)	Melting Moment (G) Apple Flapjack (G)	Lemon Biscuit (G,E) Fruit Salad	Chocolate Shortbread (G,ML) Mousse (ML)	Ice Cream (ML) Devonshire Split (G,E,ML)
BREAD	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)	Variety of Bread (G,ML,E)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 13th May, 17th June, 26th August, 23rd September, 28th October

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