

# Summer Term Menu



## WEEK ONE

**Monday**  
**Choose from either...**  
 M Pork Meatballs\* & Tomato Sauce DE  
 V Veggie Balls & Tomato Sauce DEV  
 JP Cheese GE  
**Served with**  
 Pasta DE / Mixed Veg  
**Dessert**  
 Fresh Fruit GDE / Yoghurt GE

**Tuesday**  
**Choose from either...**  
 M Chicken Casserole ODE  
 V Quorn Casserole GD  
 JP Baked Beans ODEV  
**Served with**  
 Rice GDE / Sweetcorn  
**Dessert**  
 Cake Slice GD

**Wednesday**  
**Choose from either...**  
 M Roast Beef and Gravy ODE  
 V Three Bean Casserole ODEV  
 JP Tuna & Sweetcorn Mayo GD  
**Served with**  
 Roast Potatoes GDE / Carrots  
**Dessert**  
 Fresh Fruit GDE / Yoghurt GE

**Thursday**  
**Choose from either...**  
 M Italian Chicken DE  
 V Lentil Bolognaise DEV  
 JP Cheese GE  
**Served with**  
 Pasta DE / Mixed Veg  
**Dessert**  
 Vanilla & Strawberry Mousse GE

**Friday**  
**Choose from either...**  
 M Fish Fingers DE  
 V Vegan Sausages ODEV  
 S Vegetable Pasta Salad E  
**Served with**  
 Saute Potatoes GDE / Garden Peas  
**Dessert**  
 Blueberry Muffin E

## WEEK TWO

**Monday**  
**Choose from either...**  
 M Chicken Korma GE  
 V Lentil Dahl ODEV  
 JP Spaghetti Hoops DEV  
**Served with**  
 Rice GDE / Mixed veg  
**Dessert**  
 Fresh Fruit GDE / Yoghurt GE

**Tuesday**  
**Choose from either...**  
 M Sausage Roll\* DE  
 V Vegan Sausage Roll DEV  
 JP Cheese GE  
**Served with**  
 Skin-on Potato Wedges GDE / Baked Beans  
**Dessert**  
 Mini Biscuit Pack E

**Wednesday**  
**Choose from either...**  
 M Beef Bolognaise DE  
 V Veggie Lasagne E  
 JP Baked Beans ODEV  
**Served with**  
 Pasta DE / Garlic Bread / Sweetcorn  
**Dessert**  
 Fresh Fruit GDE / Yoghurt GE

**Thursday**  
**Choose from either...**  
 M Roast Chicken and Gravy ODE  
 V Cheese & Onion Pasty E  
 JP Chilli Non Carne ODEV  
**Served with**  
 Roast Potatoes GDE / Carrots  
**Dessert**  
 Frozen Fruit Smoothie GDE

**Friday**  
**Choose from either...**  
 M Rice Crispy Coated Fish GDE  
 V Veggie nuggets DEV  
 S Wholemeal Cheese & Tomato Pizza E  
**Served with**  
 Potato Bites GDE / Garden Peas  
**Dessert**  
 Pancake

## WEEK THREE

**Monday**  
**Choose from either...**  
 M Hot Dog\* DE  
 V Veggie Dogs DEV  
 JP Cheese GE  
**Served with**  
 Baked Beans / Sweetcorn  
**Dessert**  
 Fresh Fruit GDE / Yoghurt GE

**Tuesday**  
**Choose from either...**  
 M Meatfree Bolognaise ODEV  
 V Cheesy Pasta E  
 JP Baked Beans ODEV  
**Served with**  
 Pasta DE / Mixed veg  
**Dessert**  
 Mini Flapjack E

**Wednesday**  
**Choose from either...**  
 M Breaded Chicken Steak DE  
 V Vegetable Fingers DEV  
 JP Cheese GE  
**Served with**  
 Oven Baked Chips GDE / Peas  
**Dessert**  
 Fresh Fruit GDE / Yoghurt GE

**Thursday**  
**Choose from either...**  
 M Mild Chilli Con Carne GDE  
 V Chickpea Ratatouille ODEV  
 JP Sausage & Beans\* DE  
**Served with**  
 Rice GDE / Sweetcorn  
**Dessert**  
 Vanilla & Chocolate Mousse GE

**Friday**  
**Choose from either...**  
 M Roast Pork Loin & Gravy\* GDE  
 V Vegan Quorn & Gravy DEV  
 S Salmon & Cream Cheese Bagel E with Cucumber  
**Served with**  
 Roast Potatoes GDE / Carrots  
**Dessert**  
 Brownie Bites D

### Check the Schedule

- M - Main
- V - Vegetarian
- JP - Jacket Potato
- S - Special

**APRIL**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  |     |     |     |     |     |     |

**MAY**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

**JUNE**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |

**JULY**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  | 31  |     |     |     |     |     |



- D - Dairy Free
  - G - Gluten Free
  - E - Egg Free
  - V - Vegan
  - \* - Contains Pork
- All meals are served with vegetables

# Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the  
Schedule  
overleaf

# CENSUS DAY BURGERS

## Choose from

- M** Beef Burgers **DE**
- V** Veggie Burgers **DE**
- JP** Cheese Jacket **GE**

## Dessert

- Mini Jammie Dodgers **DE**

Thursday  
May 18th

 **FORERUNNER**  
MORE THAN JUST A MEAL  
[WWW.HOTMEALSONWHEELS.COM](http://WWW.HOTMEALSONWHEELS.COM)

Gluten free and dairy free option is available.

Please call or email Forerunner directly on 01202 434 555 or [meals@hotmealsonwheels.com](mailto:meals@hotmealsonwheels.com)

