

BOWES	Date	Date	Date
	23 rd Feb, 16 th Mar, 6 th Apr, 27 th Apr, 18 th May 8 th Jun, 29 th Jun, 20 th Jul	2 nd Mar, 23 rd Mar, 13 th Apr, 4 th May, 25 th May 15 th Jun, 6 th Jul, 27 th Jul	9 th Mar, 30 th Mar, 20 th Apr, 11 th May 1 st Jun, 22 nd Jun, 13 th July
	WEEK 1	WEEK 2	WEEK 3
MONDAY	Beef Pasta Bolognese (GL, SU) Veggie Noodle Stir Fry (GL,EG,SO) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Fruity Shortbread (GL) or Fresh Fruit	Loaded Mac 'n' Cheese (GL,MI) BBQ Veggie Burrito (GL,SO) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Ice Cream (MI) or Fresh Fruit	Chicken Hot Dog with Wedges (GL,SO,SE,SU) Vegan Hot Dog with Wedges (GL,SO,SE) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Apple Cake (GL) or Fresh Fruit
TUESDAY	Mild Chicken Curry with Steamed Rice Vegan Meatballs with Tomato Sauce & Rice (SO) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Apple Crumble & Custard (GL,MI) or Fresh Fruit	Beef Lasagne (GL,EG,MI) Veggie Cottage Pie (GL,SU) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Fruity Flapjack (GL) or Fresh Fruit	Lemon & Herb Turkey Jollof Rice (SU) Handmade Margherita Pizza with Garden Salad (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Fruity Shortbread (GL) or Fresh Fruit
WEDNESDAY	Roast Chicken with Potatoes & Gravy (SU) Sweet Potato and Mushroom Loaf with Potatoes & Gravy (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit	Chicken Sausage with Mash & Gravy (GL,SU) Vegan Sausage with Mash & Gravy (SO,SU) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Oat & Banana Biscuit (G) or Fresh Fruit	Roast Chicken with Potatoes & Gravy (SU) Squash & Spinach Plait with Potatoes & Gravy (GL,SU) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit
THURSDAY	Chicken Meatballs & Tomato Pasta (GL) Handmade Margherita Pizza with Vegetable Sticks (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Marble Cake (GL) or Fresh Fruit	Salmon Fillet with New Potatoes & Pantry Tomato Sauce (FI) Handmade Margherita Pizza with Sweetcorn Rib (GL,MI) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Vegan Fruit Jelly or Fresh Fruit	Chicken & Sweetcorn Wrap (GL,SO,MI) Squash & Sweet Potato Dahl with Naan Bread & Rice (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Iced Sprinkle Sponge (GL) or Fresh Fruit
FRIDAY	Breaded Fillet of Fish with Chips (GL,FI) Veggie Fajita with Chips (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Apple & Raisin Biscuit (GL) or Fresh Fruit	Fish Fingers with Chips (GL,FI) Falafel with Chips (GL) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Chocolate Brownie (GL) or Fresh Fruit	Breaded Fillet of Fish with Chips (GL,FI) Loaded Bean & Veggie Chilli with Chips (GL,MI,SO) Tomato Pasta (GL) Jacket Potatoes – Cheese (MI), Beans or Tuna (FI) Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI) Soft Baked Chocolate Cookie (GL) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

ALL MEAT IS HALAL CERTIFIED

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
 CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
 MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

