ENERKLY MENUJ Week 1

Week Commencing: Mon 15th Apr - Mon 6th May - Mon 3rd Jun - Mon 24th Jun - Mon 15th Jul

Monday	Tuesday	Wednesday	Thursday	Friday
Bu tt er Chicken Curry (G*)	Beef Burger & Homemade Potato Wedges (G, SE*, SO)	Roast Chicken ∳ Gravy	Beef Lasagne (E*, G, MK)	Fish Fingers & Chips (F, G)
Vegetable & Lentil Korma with Rice (CE, G*, MK)	Vegetable Bean Burger & Homemade Potato Wedges (G, SE*)	Roasted Vegetable Filo Parcel ↓ Homemade Tomato Sauce (CE, G)	Roasted Vegetable Lasagne (E*, G, MK)	Cheesy Calzone (G, MK)
Seasonal Vegetables	Baked Beans or Coleslaw (E, MU)	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Green Salad ↔ Coleslaw (E, MU)	Beans or Peas
Selection of Fruit Mousse (MK)	Fruity FlapjaCk (G)	Apple Crumble ∻ Custard (G, MK)	Pineapple Upside Down Cake (E, G, MK)	Ice Cream (MK)
See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit
	Butter Chicken Curry (G*) Vegetable & Lentil Korma with Rice (CE, G*, MK) Seasonal Vegetables Selection of Fruit Mousse (MK) See Board for Details Salad Bar Homemade Bread (E*, G, MK, SO)	Butter Chicken Curry (G*)Beef Burger + Homemade Potato Wedges (G, SE*, SO)Vegetable + Lentil Korma with Rice (CE, G*, MK)Vegetable Bean Burger + Homemade Potato Wedges (G, SE*)Seasonal VegetablesBaked Beans or Coleslaw (E, MU)Selection of Fruit Mousse (MK)Fruity Flapjack (G)See Board for DetailsSee Board for DetailsSalad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)	Butter Chicken Curry (G*)Beef Burger + Homemade Potato Wedges (G, SE*, SO)Roast Chicken + GravyVegetable + Lentil Korma with Rice (CE, G*, MK)Vegetable Bean Burger + Homemade Potato Wedges (G, SE*)Roasted Vegetable Filo Parcel + Homemade Tomato Sauce (CE, G)Seasonal VegetablesBaked Beans or Coleslaw (E, MU)Rustic Roast Potatoes + Medley of Seasonal VegetablesSelection of Fruit Mousse (MK)Fruity Flapjack (G)Apple Crumble + Custard (G, MK)See Board for DetailsSee Board for DetailsSee Board for DetailsSalad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)	Butter Chicken Curry (G*)Beef Burger + Homemade Potato Wedges (G, SE*, SO)Roast Chicken + GravyBeef Lasagne (E*, G, MK)Vegetable + Lentil Korma with Rice (CE, G*, MK)Vegetable Bean Burger + Homemade Potato Wedges (G, SE*)Roasted Vegetable Filo Parcel + Homemade Tomato Sauce (CE, G)Roasted Vegetable Lasagne (E*, G, MK)Seasonal VegetablesBaked Beans or Colesiaw (E, MU)Rustic Roast Potatoes + Medley of Seasonal VegetablesGreen Salad + Colesiaw (E, MU)Selection of Fruit Mousse (MK)Fruity Flapjack (G)Apple Crumble + Custard (G, MK)Pineapple Upside Down Cake (E, G, MK)See Board for DetailsSee Board for DetailsSee Board for DetailsSee Board for DetailsSalad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)Salad Bar

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds * = May Contain

Thorpe C of E Primary School

ENERKLY MENUJ Week 2

Week Commencing: Mon 22nd Apr - Mon 13th May - Mon 10th Jun - Mon 1st Jul - Mon 22nd Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken ↓ Tomato Basil Pasta (G, MK)	Chicken Hot Dog (CE, G, SE*, SO*, SU)	Roast Beef 4 Gravy	Caribbean ChiCken Curry	Battered Fish & Chips (F, G) - • •
Vegetarian Dish of the Day	Tomato & Basil Pasta (CE, G)	Quorn Hot Dog (E, G, SE*)	Winter Vegetable Quiche & Nut Free Pesto (E, G, MK)	Jerk Quorn Burrito (CE, E, G)	Vegan Nuggets 4. Chips (G)
Vegetable Choice	Garlic Bread and Green Salad (G, MK)	Homemade Potato Wedges & SweetCorn	Rustic Roast Potatoes & Seasonal Vegetables	Rice ় Peas, Seasonal Greens	Beans or Peas
Dessert of the Day	Banana Sponge with Vanilla Sauce (E, G, MK)	Lemon Meringue Pie (E, G)	Classic Jam Sponge ∻ Custard (E, G, MK, SO*)	Apple Traybake (E, G, MK*)	Chocolate Orange Sponge with Chocolate Sauce (E, G, MK, SO)
Jacket Potato Bar	See Board for Details				
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit				
Milk	Thorpe C of E Primary School		cean, E = Eggs, F = Fish, G Istard, N = Nuts, P = Peanu		

ENEKLY MENUJ Week 3

Week Commencing: Mon 29th Apr - Mon 20th May - Mon 17th Jun - Mon 8th Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chinese Chicken Noodles (CE, E, G, SO)	BBQ Chicken Pizza (G, MK)	Roast Turkey ↓ Gravy	Butchers Sausage ↓ Crushed Potato with Gravy (CE, G, MK, SO, SU)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Chinese Vegetable Stir Fry Noodles (E, G, SO)	Margherita Pizza (G, MK)	Root Vegetable Wellington (CE, E, G)	Veggie Sausage ५ Crushed Potato with Gravy (G, MK)	Mac & Cheese (G, MK)
Vegetable Choice	Stir Fried Greens	Seasoned Potato Wedges ∻ SweetCorn	Rustic Roast Potatoes ↓ Medley of Seasonal Vegetables	Seasonal Greens	Beans or Peas
Dessert of the Day	Lemon Drizzle Cake (E, G, SU)	Carrot Cake Traybake (E, G, MK*, SO)	Iced Vanilla Sponge (E, G)	Dutch Apple Tart (E, G, MK)	Double Chocolate Chip Cookie (E, G, MK, SO)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Frui t
Allergens: CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds Primary School					

* = May Contain