





Menu May 2024



<p>Wednesday 01</p>		<p>Bank Holiday</p>		
<p>Thursday 02</p>	 <p>Nachos with guacamole, tomato and peppers and sour cream</p>	<p>Mexican Day!!</p> <p>Chicken fillet fajitas with mixed peppers, red & white onion, & sour cream (GL)</p> <p>Vegetable fajitas with grated cheese & sour cream (GL)</p>	 <p>Cajun spiced corn Grated cheddar cheese</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas</p>	<p>Jelly & Seasonal hand cut fresh fruit salad</p>
<p>Friday 03</p>	<p>Courgette, onion & Rosemary garlic soup</p>	<p>Tuscan style baked ground Beef lasagna with eggs, tomatoes, onions, basil & oregano (LGE)</p> <p>Vegetable lasagna (LGES)</p>	<p>Mixed vegetables Salad bar as above</p>	<p>Sweet treat! Seasonal hand cut fresh fruit salad</p>

Allergens key: L: Lactose F: Fish G: Gluten C: Celery S: Soya ★: Sulphite E: Eggs
 P: Peanuts M: Mustard ◆: Crustacens N: Treenuts ■: Lupin □: Molluscs S: Sesame

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Monday 06	Vegetable, Leek & Potato Soup	Cajun & lemon grilled chicken breast with onion, corn, tomato & coriander salsa Cajun & lemon grilled tofu with tomato salsa (S)	Steamed potatoes Fresh green garden peas Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 07	Antipasti plate - local cheese, cured meats, crudités & grissini's (L)	Meat paella with chicken thighs, chorizo, onions peppers, green beans (EG ♦) Vegetarian paella (EG♦)	Green beans Alioli & fresh lemon Salad bar as above	Seasonal hand cut fruit salad
Wednesday 08	Creamy roast sweet potato & sweetcorn soup	Crispy rosada or grilled rosada (FLG) Seitan, courgette & mozzarella tower (FL)	Handcut cajun healthy oven potato wedges Steamed green beans Alioli & lemon Salad bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 09	Pimentón & lime Mexican corn ribs	Cajun chicken tricolors pasta with leek, celery, garlic and cherry tomatoes (GLC) Cajun vegetable tricolors pasta leek, celery, garlic and cherry tomatoes [GLC]	Rosemary roasted courgettes Salad bar as above	Jelly & Seasonal hand cut fruit salad
Friday 10	Vegetable samosas with mango & coriander raita (G)	Mildly spiced turkey curry Korma style with yoghurt, ginger, garlic Mildly spiced vegetable & bean korma style curry with yoghurt ginger garlic	Basmati rice Steamed green beans Salad bar as above	Sweet treat! Seasonal hand cut fruit salad

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<p>Monday 13</p>	<p>Free range egg frittata with spinach & cheddar cheese (EL)</p>	<p>Tuna Pasta Bake with Tomato Sauce & Grated Fresh Parmesan (FLG)</p> <p>Veggie Pasta Bake with Tomato Sauce & Grated Fresh Parmesan (LG)</p>	<p>Steamed Broccoli</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 14</p>	<p>Chickpea, red peppers, lemon and feta cheese (L)</p>	<p>Grilled Pork with Garlic & Parsley and a light Cream Sauce (LC)</p> <p>Grilled Halloumi with Garlic Cream Sauce (LC)</p>	<p>Garlic & Thyme Roasted Cubed Potatoes</p> <p>Mixed Vegetables</p> <p>Salad Bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 15</p>	<p>Nachos with homemade guacamole with peppers and tomatoes</p>	<p>Mild Mexican ground Beef chilli con Carne with red beans, carrots, celery, red peppers (C)</p> <p>Soy Chili sin Carne with celery, red peppers red beans (SC)</p>	<p>Steamed Rice</p> <p>Sweetcorn</p> <p>Salad Bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 16</p>	<p>Chicken & vegetable noodle soup (C)</p> <p>Vegetable noodle soup (c)</p>	<p>Grilled Salmon with Dill Sauce (LC)</p> <p>Grilled Stuffed Courgettes with Chickpeas & Lentils</p>	<p>Baby potatoes</p> <p>Green Beans</p> <p>Salad Bar as above</p>	<p>Jelly & Seasonal hand cut fruit salad</p>
<p>Friday 17</p>	<p>Creamy tomato & red pepper soup</p>	<p>Grilled Cajun Chicken fillet Burgers with lettuce, tomato, SANA and BBQ Sauce (GE)</p> <p>Veggie pulse Burgers with lettuce, tomato, onions and SANA BBQ Sauce (S)</p>	<p>Garlic Potato Wedges</p> <p>Corn on the Cob</p> <p>Salad Bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>

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<p>Monday 20</p>	<p>Vegetable crispy Spring rolls with a sweet chilli dipping sauce</p>	<p>Teriyaki chicken noodle stir fry with cabbage, onion, carrots, spring onion (EC)</p> <p>Quorn noodle stir fry with cabbage, onion, carrots, spring onion (ecs)</p>	<p>Garden peas & roasted carrots</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
 <p>Irish Day!! </p>				
<p>Tuesday 21</p>	<p>Irish cheddar cheese rolls</p>	<p>Traditional Irish beef stew with carrots, celery, turnips swedes, parsnips</p> <p>Traditional Irish veggie stew with carrots, celery, turnips swedes, parsnips</p>	<p>Mashed potato Green beans Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 22</p>	<p>Mildly spiced carrot, onion & coriander soup</p>	<p>Thick grilled turkey fillets with garlic, lemon & parsley & alioli</p> <p>Stuffed aubergines with pulses & vegetables (I)</p>	<p>Moroccan couscous with raisins & dried cranberries</p> <p>Roasted Mediterranean vegetables - Peppers, courgettes, mushrooms</p> <p>Salad bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 23</p>	<p>Homemade Caesar salad with bacon & parmesan (on the side)</p>	<p>Pan-fried garlic & parsley marinated rosada (FG)</p> <p>Pan-fried garlic & parsley marinated seitan (s)</p>	<p>Roast potatoes</p> <p>Broccoli</p> <p>Alioli</p> <p>Salad bar as above</p>	<p>Jelly & Seasonal hand cut fruit salad</p>
<p>Friday 24</p>	<p>Rich creamy tomato & Basil Soup</p>	<p>Chef's selection of Homemade pizzas (LG)</p>	<p>Asian coleslaw (E)</p> <p>Garlic buttered corn On the cob (L)</p> <p>Salad bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>

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Monday 27	Mediterranean 3 beans with chickpea, black and red beans with feta garlic & lemon	Buttered spaghetti served with fresh grated parmesan With a choice of.... Creamy carbonara sauce (GLE) Or Rich tomato & basil sauce (GE)	Fresh garden peas Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and chickpeas & feta	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 28	Chunky veg soup with roast carrots, turnips, potato, celery leek & onion	Crispy herb & lemon whole Spanish pork loin (GE) Crispy herb & lemon tofu (GE)	Roasted garlic baby potatoes Steamed broccoli Lemon & alioli Salad bar as above	Seasonal hand cut fruit salad
Wednesday 29	Toasted garlic bread with mozzarella cheese (L)	Oven roasted BBQ lemon honey glazed chicken thighs without skin (★) BBQ lemon & honey glazed halloumi & pumpkin skewers (L)	Roasted Mediterranean vegetables, courgettes, aubergines & onions Moroccan spiced couscous with raisins and dried cranberries Salad bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 30	Tortilla quesadillas with cheddar cheese & sour cream	Mixed jambalaya with chicken, chorizo & prawns onions, celery, red onion, mushrooms (CM) Mixed vegetable jambalaya	Medley of fresh season steamed green vegetables Salad bar as above	Jelly & Seasonal hand cut fruit salad
Friday 31	Lightly spiced sweet potato & creamy coconut soup	Homemade ground healthy beef burgers with lettuce, tomatoes, and sana relish in a soft bun (GM) Healthy Vegetarian burgers with sana relish in a soft bun (GSMC)	Healthy wedges Sauteed onions Corn on the cob Salad bar as above	Sweet treat! Seasonal hand cut fruit salad

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School Menu - May 2024



Available daily: Unlimited bread
& Chef's salad of the day

M	T	W	T	F
			2 Protein: 26g Fat: 18g Carbs: 95g Calories: 638	3 Protein: 24g Fat: 16g Carbs: 72g Calories: 652
6 Protein: 38g Fat: 9.7g Carbs: 96g Calories: 606	7 Protein: 25g Fat: 32g Carbs: 84g Calories: 805	8 Protein: 35g Fat: 31g Carbs: 97g Calories: 745	9 Protein: 34g Fat: 17g Carbs: 96g Calories: 740	10 Protein: 30g Fat: 22g Carbs: 106g Calories: 803
13 Protein: 28g Fat: 19g Carbs: 91g Calories: 673	14 Protein: 31g Fat: 29g Carbs: 94g Calories: 740	15 Protein: 32g Fat: 30g Carbs: 101g Calories: 746	16 Protein: 37g Fat: 17g Carbs: 77g Calories: 616	17 Protein: 29g Fat: 23g Carbs: 98g Calories: 720
20 Protein: 36g Fat: 8g Carbs: 75g Calories: 574	21 Protein: 35g Fat: 29g Carbs: 62g Calories: 782	22 Protein: 37g Fat: 31g Carbs: 85g Calories: 792	23 Protein: 34g Fat: 33g Carbs: 72g Calories: 776	24 Protein: 29g Fat: 35g Carbs: 94g Calories: 793
27 Protein: 29g Fat: 21g Carbs: 117g Calories: 772	28 Protein: 38g Fat: 28g Carbs: 84g Calories: 670	29 Protein: 36g Fat: 41g Carbs: 123g Calories: 790	30 Protein: 30g Fat: 25g Carbs: 83g Calories: 694	31 Protein: 30g Fat: 22g Carbs: 101g Calories: 835

Nutritional Information

★Where there is gluten or lactose on the menu we ALWAYS offer options WITHOUT gluten or lactose