

## Allsaints HR Merton - Spring/ Summer Menu 2023

-  Added Plant Power
-  Vegan
-  Wholemeal

### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:** If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b> 17/04/2023 08/05/2023 05/06/2023 26/06/2023 17/07/2023 18/09/2023 09/10/2023	Option 1	Cheese & Tomato Pizza with Wedges 	Beef Lasagne with Garlic Bread 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Cheese & Red Pepper Frittata with Chips & Tomato Sauce	Fishfingers with Chips & Tomato Sauce
	Option 2	Chinese Vegetable Curry with Rice 	Summer Butterbean Risotto 	Veggie Shepherds Pie With Gravy	Vegetable Lasagne with Garlic Bread	Broccoli and Cheese Pasta Bake
	Vegetables	Sweetcorn Salsa with Peppers	Broccoli Carrots	Peas Cauliflower	Roasted Carrots Green Beans	Peas Baked Beans
	Dessert	Apple Flapjack 	Fruit Jelly with Mandarins 	Freshly Chopped Fruit 	Iced Vanilla Sponge	Oaty Cookie 
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week Two</b> 24/04/2023 15/05/2023 12/06/2023 03/07/2023 04/09/2023 25/09/2023 16/10/2023	Option 1	Mac and Cheese	Chicken Sausage Hot Dog with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Chicken Tikka Masala with Rice	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Wholemeal Vegetable Pasta Bake	Vegan Sausage Hot Dog with Potato Wedges 	Potato and Courgette Layer Bake	<b>NEW</b> Vegan Meatballs Pasta Bake 	<b>NEW</b> Vegetable Burger in a Bun with Chips & Tomato Sauce 
	Vegetables	Summer Mixed Vegetables	BBQ Baked Beans Broccoli	Carrots Cabbage	Sweetcorn Green Beans	Peas Baked Beans
	Dessert	Summer Lemon Cake	<b>NEW</b> Syrup Snap Biscuit 	Fruit Medley 	<b>NEW</b> Apple Strudel with Cream	Chocolate Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week Three</b> 01/05/2023 22/05/2023 19/06/2023 10/07/2023 11/09/2023 02/10/2023	Option 1	Jollof Rice	<b>NEW</b> Chicken Pitta	Roast Turkey, Roast Potatoes, Stuffing & Gravy	Vegan Spaghetti Bolognese with Garlic Bread 	Fish in Batter with Chips & Tomato Sauce
	Option 2	Tomato, Lentil and Cheese Pasta	<b>NEW</b> Vegetable Cheese Whirl with Seasoned Wedges	Vegan Quorn with Stuffing, Roast Potatoes & Gravy 	Vegetable Enchiladas with Rice 	Vegetable and Bean Pasta Bake
	Vegetables	Green Beans Carrots	Mediterranean Vegetables	Broccoli Carrots	Sweetcorn Cauliflower	Peas Baked Beans
	Dessert	Fruit Salad with Ice Cream	Pineapple Cake with Honey Yoghurt	Fruit Platter 	Vanilla Shortbread 	Chocolate Brownie
	Or a choice of Yoghurt & Fresh Fruit available daily					