

**WEEK ONE**

**Week commencing: 25<sup>th</sup> April 16<sup>th</sup> May, 13<sup>th</sup> June, 4<sup>th</sup> July, 1<sup>st</sup> & 19<sup>th</sup> September & 10<sup>th</sup> October**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup> Choice</b>	Mild Chicken Curry ●	BLT Wrap 1 ●	Veggie Fajita Pocket 2 ● Ve	Chicken Roast ●	Breaded Fish
<b>2<sup>nd</sup> Choice</b>	Vegetable Goujons Ve	Pizza V	Mac 'n' Cheese 1 ● ● V	Sweet Potato Whirl Roast 2.5 ● Ve	Creamy Tomato Pasta 1.5 ● ● V
<b>3<sup>rd</sup> Choice</b>	Jacket Potato with Cheese ● V	Lemon & Pepper Chicken ●	Cheese Ploughman's 1.5 ● V	Tomato sauce pasta 2.5 ● Ve	Jacket Potato with Heinz Baked Beans 1.5 ● Ve
<b>Vegetables and Salad</b> All provide 1 portion	Rice Mashed Potato Green Beans Carrots	Potato Crispers Savoury Rice Peas & Sweetcorn medley	Broccoli Summer Coleslaw	Roasted Potatoes Seasonal Vegetables	Chips Heinz Baked Beans Peas
<b>Dessert</b>	Ice Cream V	Chocolate Cookies ● Ve	Mini Flapjack with Fruit Wedges ● Ve	Whip & Jelly V	Fruity Muffin ● V

Our school meals are served with salad and bread as well as a fresh fruit platter and yoghurt, every day. On average, half of the recommend 5-a-day is on offer every lunch time, with side dishes offering 1 portion. To keep up-to-date, and see pictures of our meals, please download our school menu app, [Lunchero](#). For more information, including details allergen and carbohydrates, please visit our website: [www.citycateringsouthampton.co.uk/schoolmenus](http://www.citycateringsouthampton.co.uk/schoolmenus)

KEY: 1, 2, 3 Includes at least # portion of fruit or vegetables ● Cooked from scratch ● Recipe available online V Vegetarian Ve Vegan

**WEEK TWO**

**Week commencing: 2<sup>nd</sup> May & 23<sup>rd</sup> May, 20<sup>th</sup> June, 11<sup>th</sup> July, 5<sup>th</sup> & 26<sup>th</sup> September & 17<sup>th</sup> October**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup> Choice</b>	Saucy Turkey Meatballs  1.5 ●	Bubble Salmon	Spanish Omelette  ● V	Savoury Beef Mince  0.5 ●	Fish Fingers
<b>2<sup>nd</sup> Choice</b>	Vegetarian Sausages  Ve	Pizza  V	Vegan Sausage Roll  Ve	Cheese Pasty  ● V	Jerk Spice Sweet Potato Curry  3.5 ● Ve
<b>3<sup>rd</sup> Choice</b>	Cheese Ploughman's  1.5 ● V	Jacket Potato & Tuna Mayonnaise  ●	Vegetarian Bolognese  1 ● Ve	BBQ Chicken Wrap  1 ●	Rainbow Pitta  1.5 ● V
<b>Vegetables and Salad</b>  All provide 1 portion	Mashed potatoes Pasta Sweetcorn Green Beans	Potato wedges Broccoli Carrots	Potato Crispers Heinz Baked Beans Green beans Summer Coleslaw	Mashed Potatoes Potato Salad Seasonal Vegetables	Chips Rice Peas Sweetcorn
<b>Dessert</b>	Natural Yoghurt with Toppings  V	Mini Shortbread with Fruit Wedges  ● Ve	Whip & Jelly  V	Fruit Brownie  ● V	Orange Cake  ● V

Our school meals are served with salad and bread as well as a fresh fruit platter and yoghurt, every day. On average, half of the recommend 5-a-day is on offer every lunch time, with side dishes offering 1 portion. To keep up-to-date, and see pictures of our meals, please download our school menu app, [Lunchero](#). For more information, including details allergen and carbohydrates, please visit our website: [www.citycateringsouthampton.co.uk/schoolmenus](http://www.citycateringsouthampton.co.uk/schoolmenus)

KEY: 1, 2, 3 Includes at least # portion of fruit or vegetables ● Cooked from scratch ● Recipe available online V Vegetarian Ve Vegan

**WEEK THREE**

**Week commencing: 9<sup>th</sup> May, 6<sup>th</sup> & 27<sup>th</sup> June, 18<sup>th</sup> July, 12<sup>th</sup> September, 3<sup>rd</sup> October**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup> Choice</b>	Pork Sausages	Tuna Fishcake ●	Fruity Chickpea Tagine 2 ● Ve	Chicken Roast ●	Fish Fingers
<b>2<sup>nd</sup> Choice</b>	Chickpea & veggie curry 3 ● Ve	Pizza V	Quorn Nuggets Ve	Veggie Roast 1.5 ● Ve	Vegetable Cakes 1.5 ● Ve
<b>3<sup>rd</sup> Choice</b>	Jacket Potato with Heinz Baked Beans 1.5 ● Ve	Tomato sauce pasta 2.5 ● ● Ve	Jacket Potato with Cheese ● V	Turkey Ball Sub 1 ●	Cheese & broccoli pasta 1 ● V
<b>Vegetables and Salad</b> All provide 1 portion	Mashed Potato Rice Heinz Baked beans Broccoli	Potato Crispers Peas & Sweetcorn Medley Summer Coleslaw	Potato Wedges Herby Couscous Carrots Green Beans	Roast Potatoes Seasonal Vegetables	Chips Sweetcorn Peas
<b>Dessert</b>	Ice Cream V	Banana Bread ● V	Mini Crunch with Fruit Wedges ● Ve	Whip or Jelly V	Pineapple Sponge ● V

Our school meals are served with salad and bread as well as a fresh fruit platter and yoghurt, every day. On average, half of the recommend 5-a-day is on offer every lunch time, with side dishes offering 1 portion. To keep up-to-date, and see pictures of our meals, please download our school menu app, [Lunchero](#). For more information, including details allergen and carbohydrates, please visit our website: [www.citycateringsouthampton.co.uk/schoolmenus](http://www.citycateringsouthampton.co.uk/schoolmenus)

KEY: 1, 2, 3 Includes at least # portion of fruit or vegetables ● Cooked from scratch ● Recipe available online V Vegetarian Ve Vegan