

CAMBRIDGE SCHOOL WEEKLY MENU

WEEK 1

Week Commencing: 19th Feb, 11th Mar, 15th Apr, 6th May, 24th Jun, 13th Jul

DAY	MAIN	SIDES	VEGETABLE /SALAD	DESSERT/FRUIT
MONDAY	Meat Balls GF Quorn Served In Pasta Sauce G	Spaghetti G/V	Sweetcorn V Roasted Vegetables V Selection of Salads	Rice Pudding & Jam D Yogurt D Fresh Fruit
TUESDAY	Sweet & Sour Chicken Sweet & Sour Vegetables V	Noodles V/G	Garlic Soya V Green Beans V Selection of Salad	Marble Cake & Custard D/E Yogurt D Fruit
WEDNESDAY	Beef Burger G Falafel & Spinach Burger GF	Sweet Potato Fries V	Red Cabbage V Peas V Selection of Salads	Fruit Salad Yogurt D Fresh Fruit
THURSDAY	Vegetable Pasta Bake V/G Macaroni Cheese V/D	Garlic Bread G	Broccoli V Selection of Salads	Cookie Bar G/E Yogurt D Fresh Fruit
FRIDAY	Fish Fingers V/G Cheese & Pepper Quiche V/G/E/D	Chips V/GF	Mushy Peas V Baked Beans V Selection of Salads	Jelly Yogurt D Fresh Fruit

Week 2

Week Commencing: 26th Feb, 18th Mar, 22nd Apr, 13th May, 10th Jun, 1st Jul, 2nd Jul

DAY	MAIN	SIDES	VEGETABLE/SALAD	DESSERT/FRUIT
MONDAY	Keema Curry Chick Pea & Sweet Potato Curry V	Rice GF Naan Bread G	Roasted Cauliflower V Seasonal Vegetables V Selection of Salad	Pineapple Greek Yogurt D Yogurt D Fresh Fruit
TUESDAY	BBQ Chicken BBQ Quorn V	Paprika Wedges V	Sweetcorn V Seasonal Vegetables V Selection of Salad	Apple Pie & Custard E/G/D Yogurt D Fresh Fruit
WEDNESDAY	Chicken Pie Vegetable Pie V	New Potato V	Red Cabbage V Peas V Selection of Salad	Carrot Cake & Custard E/G/D/V Yogurt D Fresh Fruit
THURSDAY	Stuffed Cheesy Jacket Potato V Cheese & Chives	Baked Beans V	Green Beans V Carrots V Selection of Salad	Fruit Platter Yogurt D Fresh Fruit
FRIDAY	Fish G Feta Spinach Fritters D/V	Chips V/GF	Mushy Peas V Baked Beans V Selection of Salad	Raisin Flapjack V Yogurt D Fresh Fruit

week 3

Week Commencing: 4th Mar, 25th Mar, 29th Apr, 20th May, 17th Jun, 8th Jul

DAY	MAIN	SIDES	VEGETABLE /SALAD	DESSERT/FRUIT
MONDAY	Chilli Con Carne Veggie Con Carne V	Rice GF/V Nachos G/V/D	Roasted Vegetables V Seasonal Vegetables V Selection of Salads	Jam Tart G Yogurt D Fruit
TUESDAY	Chicken Fajitas Quorn Fajitas V	Wraps G Spicy Rice GF	Roasted Peppers & Onion V Seasonal Vegetables V Selection of Salad	Lemon Drizzle & Custard E/G/D Yogurt D Fruit
WEDNESDAY	Turkey Cheese & Onion Pasties V/D/G	Roasted Potatoes GF Gravy GF	Savoy Cabbage V Carrots V Peas V Selection of Salad	Fruit Salad Yogurt D Fruit
THURSDAY	Pasta Bar G Roasted Peppers Sauce V Cheese Sauce D/V	Pasta & Cheese V/D	Sweetcorn V Green Beans V Selection of Salad	Brownie G Yogurt D Fruit
FRIDAY	Fish Cakes V/G Mediterranean Pasta Bake V/G	Chips V/GF	Baked Beans V Peas V Selection of Salad	Ice Cream D Yogurt D Fruit

G=Gluten GF= Gluten Free D=Dairy V= Vegetarian VE= Vegan E= Egg

