

All our meals are freshly cooked at school!

# The Hungry Tree

Ingredients are from local suppliers and prepared on site

## Week 1

w/b 9<sup>th</sup> + 30<sup>th</sup>  
April, 21<sup>st</sup>  
May, 18<sup>th</sup>  
June, 9<sup>th</sup> July

Monday

Beef Meatballs in Tomato Sauce with Rice (G) (Sul) (C) or Vegetarian Meatballs in Tomato Sauce with Rice (G) (Sul) (C) and Fruit Cocktail and Ice Cream (M)

Tuesday

Butchers Sausage Hot Dog (G) or Quorn Dog (G) (E) (M) and Pineapple Sponge and Custard (M) (E) (G)

Wednesday

Roast Pork or Broccoli and Cauliflower Cheese Bake (M) (G) (Mus) and Peaches and Fudge Yoghurt (M)

Thursday

Chicken Wraps with Cous Cousins (G) or Falafels and Cous Cousins (G) and Strawberry Sponge and Custard (G) (M) (E)

Friday

Fishfingers (F) (G) or Vegetable Fingers (G) and Banana Whip (M)

## Week 2

w/b 16<sup>th</sup> April,  
7<sup>th</sup> May, 4<sup>th</sup> +  
25<sup>th</sup> June, 16<sup>th</sup>  
July

Monday

Lemon and Herb Dusted Chicken Breast (G) (E) (S) (M) (Mus) (C) or Vegetable and Cheese Bake (G) (M)

and Pears and Chocolate Custard (M)

Tuesday

Cheese and Tomato Pizza (G) (M) (S) or Vegetarian Sausage Roll (G) (S) (M) (E) and Oatie Cookie (G) (E) (M)

Wednesday

Roast Ham or Butternut Squash and Chickpea Risotto (Sul) (C) Summer Fruit Yoghurt Crunch (M) (G)

Thursday

Beef Lasagne (G) (M) (Sul) (C) (Mus) or Chargrilled Vegetable Lasagne (G) (M) (Mus) (C) (Sul) and Chocolate Brownie (G) (E) (M)

Friday

Fish (F) (G) or Quorn Sausage (G) (M) (E) or and Jam Sponge and Custard (G) (M) (E)

## Week 3

w/b 23<sup>rd</sup> April, 14<sup>th</sup>  
May, 11<sup>th</sup> June,  
2<sup>nd</sup> July, 23<sup>rd</sup> July

Monday

Chicken Korma and Rice (M) (Sul) (C) or Lentil, Spinach and Chickpea Curry (Sul) (C) (M) and rice and Peaches and Strawberry Yoghurt (M)

Tuesday

Spaghetti Bolognaise (G) (Sul) (C) or Quorn Spaghetti Bolognaise (G) (Sul) (C) (E) and Toffee Apple Crumble and Custard (G)

Wednesday

Roast Turkey Or Ratatouille Crumble (G) (M) (Sul) (C) and Angel Delight (M)

Thursday

All Day Breakfast (G) (Sul) (E) or Vegetarian All Day Breakfast (G) (M) (E) and Chocolate Ice Cream (M)

Friday

Salmon Fish Cake (G) (F) or Vegetable Nuggets (G) and Sultana Sponge and Custard (G) (M) (E)

New fill your own jacket potato and sandwich option - Simply choose either jacket or sandwich on the order form and then you can choose your own bread, filling/topping and salad on the day.



All mains above served with potatoes and seasonable vegetables  
Fresh salad bar, milk, wholegrain bread and fresh fruit available daily

Allergens: Contains (N) Nuts; (P) Peanuts; (M) Milk; (S) Soya; (Mus) Mustard; (L) Lupin; (E) Eggs; (F) Fish; (SF) Shellfish; (G) Gluten; (SS) Sesame Seeds; (C) Celery; (Sul) Sulphur Dioxide or Sulphites; (Crw) Crustaceans; (Mol) Molluscs

