

Cleves School Menu

Week 1 commencing: 4 January, 23 January, 20 February, 13 March

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	British farm assured beef bolognaise (none)	Chicken pie with a crispy puff pastry crust (Su,Mk,G,Ce)	Sliced roasted English gammon with gravy (G)	Mild chicken curry (none)	Omega 3 fish fingers (F)
Vegetarian Main Meal	Spanish omelette with peas and potatoes (Mk,E)	Spinach and cheese wholemeal quiche (Mk,E,G)	Mixed vegetables and stir fried noodles (So,G,Se,Mu)	Vegetarian chilli con carne with steamed rice (Mu,Ce)	Chunky tomato and basil twisty wholemeal pasta (Su,Mk,G,Ce,E)
Included in main meals	Spaghetti (G) Mixed vegetables	Creamy mash potato (Mk) Broccoli Sweetcorn	Roasted potatoes Carrots Cabbage	Steamed rice Green beans Cauliflower	Baked oven chips Peas Baked beans
Jacket / Pasta	Jacket potato with beans or salad OR plain pasta available daily				
Dessert Included in main meal	Jam sponge and custard (Mk,E,G)	Apple and winter berry crumble with custard (Mk,G)	Flapjack (Mk,G)	Nutless Bakewell tart (Mk,E,G)	Orange and ginger biscuits (Mk,G)

Week 2

Week 2 commencing: 9 January, 30 January, 27 February, 20 March

Main Meal	Farm assured butchers pork sausages with gravy (Su,G,Mk,E)	Mild beef chilli con carne (Mu)	Sliced roast turkey with gravy and cranberry sauce (G)	Southern baked breaded chicken thigh (Mu,E,G)	Oven baked MSC pollock fillet (F,Mu,E,G)
Vegetarian Main Meal	Vegetarian sausages with veggie gravy (So,G)	Tomato and fresh basil risotto (Su,Mk,Ce)	Winter vegetable lasagne with garlic bread (Mk,G,E,So)	Macaroni cheese with a crunchy topping (Mk,G,E)	Sweet and sour stir fried quorn with noodles (E,G)
Included in main meals	Creamy mashed potato (Mk) Steamed broccoli Baked beans	Steamed rice Sweetcorn Cauliflower	Roasted potatoes Green beans Sliced carrots	Jacket wedges Sweetcorn Coleslaw (So,Mk,Mu,E)	Baked oven chips Garden peas Carrots
Jacket / Pasta	Jacket potato with beans or salad OR plain pasta available daily				
Dessert Included in main meal	Eves pudding with custard (Mk,E,G)	Sugar free spiced carrot cake with orange cream cheese frosting (Mk,E,G)	Chocolate rice krispie cake (Mk,G)	Chocolate and rhubarb sponge (Mk,E,G)	Butterscotch tart (Mk,G)

Week 3

Week 3 commencing: 16 January, 6 February, 6 March, 27 March

Main Meal	Sticky bbq chicken (Su)	Crunchy topped shepherd's pie (Su,So,Mk,G,Ce)	Red tractor roast chicken with gravy and stuffing (G)	Norfolk turkey baked enchiladas (Mu,Mk,G)	Omega 3 fish fingers (F)
Vegetarian Main Meal	Veggie burger in a bun with sauces and relish (Su,So,Mu,G,Ce)	Italian potato gnocchi with ratatouille sauce (Mk,G)	Oriental sweet and sour vegetable noodles (E,G)	Penne pasta with a rich tomato sauce (G,Mk,E)	Tomato and mozzarella pizza (Mk,G)
Included in main meals	Potato wedges Sweetcorn with peppers Broccoli florets	Creamy mashed potato (Mk) Roasted carrots Green beans	Roasted potatoes Sweetcorn Cabbage	New potatoes Steamed broccoli Carrot batons	Baked oven chips Baked beans Garden peas
Jacket / Pasta	Jacket potato with beans or salad OR plain pasta available daily				
Dessert Included in main meal	Apple pie with shortcrust pastry and custard (Mk,E,G)	Chocolate sponge (Mk,E,G)	Fruit jelly or fresh fruit salad	Banana chocolate chip cake (Mk,E,G)	Mixed berry flapjack (G,Mk)

Meals cost £2.20 per day.

PLEASE BOOK SCHOOL LUNCHES AT LEAST ONE WEEK IN ADVANCE. ALL ORDERS FOR THE PRECEDING WEEK NEED TO BE BOOKED BY TUESDAY EVENING. ANY PROBLEMS PLEASE CONTACT READ@CLEVES.CO.UK

LOOK OUT!
ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide

Jacket potato and pasta, salad bar, fresh breads, yoghurts and fresh fruits are available every day!

For more info visit: www.accentcatering.co.uk/food