

SPRING MENU 2023



	Monday	Tuesday	Wednesday – Roast Day	Thursday	Friday – Fishy Friday!
WEEK 1	Ham & Tomato Cheesy Pasta & Garlic Bread	Sausage & Mash	Roast Gammon & Roast Potatoes	Honey Chinese Chicken & Noodles	Freshly Battered Fish or Fish Fingers & Chips
	Veggie Chilli & Rice (V)	Veggie Sausage & Mash (v)	Lentil Roast & Roast Potatoes (v)	Honey Chinese Quorn & Noodles (v)	Cauliflower Cheese & Chips(v)
	Choc Sponge & Choc Custard	Chocolate Cornflake Cake	Jelly & Fruit	Chocolate Chip Cookie	Flapjack
WEEK 2	Macaroni Cheese & Garlic Bread	Steak Pasty	Roast Turkey, Roast Potatoes, & gravy	Cheese Burger & Wedges	Freshly Battered Fish or Fish Fingers & Chips
	BBQ Bean Wrap & Rice (V)	Cornish Pasty (v)	Quorn Roast, Roast Potatoes, & gravy (v)	Veggie Burger & Wedges (v)	Quorn Nuggets & Chips (v)
	Cherry Pie & Custard	Ice Cream	Chocolate Mouse	Mango Frozen Yogurt	Choc Chip Cookie
WEEK 3	Pepperoni Pizza & Wedges	Beef Meatballs & Pasta with Garlic Bread	Roast Gammon, Roast Potatoes & Yorkshire Puddings	Southern Fried Chicken Goujons & Wedges	Freshly Battered Fish or Salmon Fish Fingers & Chips
	Cheese Pizza & Wedges (v)	Macaroni Cheese & Garlic Bread (v)	Veggie Toad in the Hole (v)	Quorn hotdogs & Wedges (v)	Quorn Hotdog & Chips(v)
	Apple Crumble & Custard	Chocolate Muffins	Pineapple Upside Down Cake	Oreo Cheesecake	Oatmeal Cookies

- Baked Jacket Potatoes (Mon & Thurs). Fresh Fruit, Freshly Baked Bread DAILY
- Delicious Salad Bar – Mon, Tues & Thurs
- Choice of two seasonal vegetables every day – varieties will depend on our local farm and what's been growing.

Menu dates are as follows:

Week 1 – 4th January, 23rd January, 20th February, 13th March

Week 2 – 9th January, 30th January, 27th February, 20th March

Week 3 – 16th January, 6th February, 6th March, 27th March

Special Dietary Requirements If your child has any dietary requirements or allergies then it is really important that you let us know.

We'd really like every child to be able to access our wonderful school lunches – but need to make a plan for any child with any food related issues to make sure we have a good understanding of their individual needs. Please email cperks@newlyn.tpacadmytrust.org.

