

























**IOW Spring Menu 2020**



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Option 1	Macaroni Cheese	Pork Sausage, Mashed Potato & Gravy	Roast Chicken with Stuffing, Roast Potato and Gravy	Chicken Tikka Curry with 50/50 Rice  	Fish Fingers with Chips
	Option 2	Soya Spaghetti Bolognaise 	Vegetarian Sausage, Mashed Potato & Gravy 	Vegetable Wellington with Road Potatoes and Gravy 	Lentil & Basil Puff Pastry Whirl with Wedges 	Cheese Frittata with Chips 
	Vegetables	Sweetcorn Peas	Cauliflower Cabbage	Swede and Carrot Mash	Broccoli Carrots	Baked Beans Peas
	Dessert	Marble Sponge 	Pineapple Cake	Fresh Fruit and Yoghurt	Apple, Cheese and Crackers	Chocolate Cocoa Cookie 
<b>Week Two</b>	Option 1	Sausage Roll with Wedges	Sweet & Sour Chicken with Rice 	Roast Pork, Roast Potatoes and Gravy	Chicken & Red Pepper Pizza with Wedges 	Fish in Batter with Chips
	Option 2	Tomato and Vegetable Pasta 	Five Bean Chilli with 50/50 rice 	Quorn Roast Fillet with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with 50/50 Rice  	Wholemeal Cheese & Tomato Quiche with Chips
	Vegetables	Sweetcorn Baked Beans	Peas Carrots	Fresh Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Apple Crumble and Ice Cream 	Apple Flapjack	Fresh Fruit & Yoghurt	Pear & Ginger Slice	Orange & Lemon Shortbread 
<b>Week Three</b>	Option 1	Cheese and Tomato French Bread Pizza 	Beef Meatballs in a Tomato Sauce with 50/50 Rice	Roast Gammon with Roast Potatoes and Gravy	Cottage Pie with Gravy	Fishfingers With Chips
	Option 2	Jacket Potato with BBQ Beans 	Vegetable Hotpot  	Potato & Courgette Stack with Roast Potatoes & Gravy 	Broccoli and Cheese Pasta Bake	Vegan Mexican Bean Roll with Chips
	Vegetables	Coleslaw Mixed Salad	Sweetcorn Broccoli	Cauliflower Peas	Green Beans Carrot	Baked Beans Peas
	Dessert	Oaty Cookie  	Banana Sponge	Fresh Fruit and Yoghurt Station	Lemon Drizzle Cake	Peaches and Ice Cream

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.