

THS Summer 2019					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Main	Macaroni and Cheese	Fish fingers with potato wedges, peas, and sweetcorn	Vegetable chilli with rice	Cottage pie with broccoli	Sweet and sour chicken and rice
Pudding	Peaches	Yoghurt	Fruit crumble and custard	Ice cream	Yoghurt
Protein	Cheese	Fish	Mixed beans	Mince beef	Diced Chicken
Carbs	Pasta	Potato wedges	Rice	Mashed potato	Rice
Veg	Carrots, cauliflower Cauliflower and courgette in sauce	Peas, sweetcorn, and tomato puree	Onion, courgette, carrots, celery, tomatoes	Onion, carrots, broccoli, and peas	Grated Carrot, Broccoli, Courgettes and onions
Alternative Meal	Gluten free pasta, dairy free cheese and milk Salad Bar ; Jacket Potatoes, salad and a choice of two items, cheese, tuna, ham or egg	Vegetable fingers Dairy free yoghurt	Gluten free flour for crumble and dairy free custard	Quorn mince Dairy free ice cream	Diced quorn Dairy free yoghurt
TEA	TEA	TEA	TEA	TEA	TEA
Main	Tomato and lentil soup	Beans on toast with egg	Cheese and ham wraps	Vegetable and chickpea soup	Pizza baguette
Pudding	Chocolate and beetroot cake or Carrot cake	Jelly and fruit	Yoghurt	Banana	Flapjacks
Protein	Lentils	Beans and egg	Ham and cheese	Chickpeas	Cheese
Carbs	Bread	Toast	Wrap	Bread	Baguettes
Veg	Carrots, celery, butternut squash, courgettes, swede, parsnips, tomatoes, and leeks		Carrot, lettuce, cucumber	Sweet potato, butternut squash, leeks, carrots, courgettes	Homemade tomato sauce, carrots, and cucumber
Alternative Meal	Gluten free bread	Gluten free bread, vegetarian jelly	Dairy free cheese, gluten free	Gluten free bread	Dairy free cheese, gluten free

Gluten free flour for cake

wraps, dairy free yoghurt

baguettes