



ELMGROVE SUMMER LUNCH MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Halal	Cheese and Tomato Pizza with Wedges (G) (M)	Chicken Thyme Meatballs with Rice	Traditional Roast Chicken with Roast Potatoes and Gravy	Lasagne served with Garlic Bread (G) (M)	Fish and Chips (G) (F)
Vegetarian	Cheese and Tomato Pizza with Wedges (G) (M)	Vegetable Meatballs with Rice	Quorn Fillets with Roast Potato and Gravy (G)	Lentil and Potato Curry with Naan (G)	Veggie Nuggets and Chips (G)
Vegetables	Baked Bean/Sweetcorn/ Seasonal Salad Selection	Sweetcorn & Peas/Seasonal Salad Selection	Broccoli & Carrots/Seasonal Salad Selection	Mixed Vegetables/Seasonal Salad Selection	Baked Beans Peas/Seasonal Salad Selection
Pasta Option	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)
Jacket Potato Option	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Tuna Mayo / Cheese / Beans (F) (M)
Desserts	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Ice Cream (M)

Please note that food may contain Milk (M), Eggs (E), Wheat/Gluten (G), Fish(F), Pea (P), Soya (S), Gluten (G) Sesame Seeds (SS) – Before selecting your choice it is important to please check the allergen sheet on the school website to check what ingredients are in the recipes on the menu. This is to ensure that your child is not eating anything that they should not be eating.



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Halal	Salmon Fishcakes (G) (F)	Chicken Curry with Basmati Rice	Traditional Roast Chicken with Roast Potatoes and Gravy	Italian Chicken Fusilli Pasta With Stonebaked Flatbread (G) (M)	Fish and Chips (G) (F)
Vegetarian	BBQ Traditional Vegetarian Sausage Roll (G)	Vegetable Curry with Basmati Rice	Macaroni Cheese (G) (M)	Brown Base Margarita Pizza with Wedges (G) (M)	Mozzarella Sticks and Chips (G) (M)
Vegetables	Peas / Seasonal Salad Selection	Vegetable Medley/ Seasonal Salad Selection	Farmhouse Mixed Vegetables/Seasonal Salad Selection	Sweetcorn & Carrot/Seasonal Salad Selection	Baked Beans & Peas Seasonal Salad Selection
Pasta Option	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)	Plain penne pasta with an option of tomato or grated cheese (G) (M)
Jacket Potato Option	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Tuna Mayo / Cheese / Beans (F) (M)
Desserts	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Apple Crumble and Custard (G) (M)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Halal	Veggie Nuggets and Wedges (G)	Spaghetti Bolognese (G)	Jerk Chicken with Rice	BBQ Chicken Pizza (G) (M)	Fish and Chips (G) (F)
Vegetarian	Falafel with Flatbread and Hummus (G)	Vegetarian Lasagne (G)(M)	Vegetarian Spring Rolls with Rice (G)	Margarita Pizza (G) (M)	Butternut Squash and Chickpea Curry with Naan Bread (G)
Vegetables	Broccoli/Carrots	Green Beans /Sweetcorn	Cauliflower/Peas	Sweetcorn/Carrots	Peas/Baked Beans
New Trial Pasta Option for Autumn Term 1	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)	Plain penne pasta with an option of tomato sauce or grated cheese (G) (M)
Jacket Potato Option	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Cheese / Beans (M)	Jacket Potato with Tuna Mayo / Cheese / Beans (F) (M)
Desserts	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M)	Chocolate Brownie (G) (M)

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