



## Princess Frederica School Meal Menu

Summer Term 2021

Week beginning: Monday 19<sup>th</sup> April 2021

Week One WB: 19.04.21, 03.05.21, 17.05.21, 07.06.21, 21.06.21, 05.07.21, 19.07.21		Week Two WB: 26.04.21, 10.05.21, 24.05.21, 14.06.21, 28.06.21, 12.07.21	
<b>Monday</b>		<b>Monday</b>	
<b>Option 1</b>	Penne pasta in a tomato and basil sauce served with garlic bread	<b>Option 1</b>	Vegetarian Toad in the Hole (corn sausages) served with roast potatoes and gravy
<b>Option 2</b>	Jacket potato with a choice of tuna, cheese or sweetcorn	<b>Option 2</b>	Chicken fajita
<b>Vegetable</b>	Carrots or baked beans	<b>Vegetable</b>	Carrots or baked beans
<b>Dessert</b>	Greek yoghurt served with a homemade raspberry sauce	<b>Dessert</b>	Ice-cream
<b>Tuesday</b>		<b>Tuesday</b>	
<b>Option 1</b>	Shepherd's Pie (lamb mince)	<b>Option 1</b>	Spaghetti Bolognese served with garlic bread
<b>Option 2</b>	Vegetable Shepherd's Pie (corn mince)	<b>Option 2</b>	Bean burger
<b>Vegetable</b>	Broccoli	<b>Vegetable</b>	Broccoli
<b>Dessert</b>	Marble cake served with chantily cream	<b>Dessert</b>	Bread and Butter pudding with chantily cream
<b>Wednesday</b>		<b>Wednesday</b>	
<b>Option 1</b>	Lentil curry served with rice and a mini spring roll	<b>Option 1</b>	Lentil curry served with rice and a mini spring roll
<b>Option 2</b>	Courgette curry served with rice and a mini spring roll	<b>Option 2</b>	Courgette curry served with rice and a mini spring roll
<b>Option 3</b>	Fried egg	<b>Option 3</b>	Fried egg
<b>Vegetable</b>	Sweetcorn	<b>Vegetable</b>	Sweetcorn
<b>Dessert</b>	Warm pineapple	<b>Dessert</b>	Warm pineapple
<b>Thursday</b>		<b>Thursday</b>	
<b>Option 1</b>	Roast chicken, roast potatoes, Yorkshire pudding and gravy	<b>Option 1</b>	Chicken sausages, mashed potato and gravy
<b>Option 2</b>	Vegetarian lasagne	<b>Option 2</b>	Stir fried noodles with vegetables
<b>Vegetable</b>	Green beans or baked beans	<b>Vegetable</b>	Green beans or baked beans
<b>Dessert</b>	Pancake	<b>Dessert</b>	Fruit crumble and custard
<b>Friday</b>		<b>Friday</b>	
<b>Option 1</b>	Cod fish fingers or fried cod served with chips	<b>Option 1</b>	Cod fish fingers or fried cod served with chips
<b>Option 2</b>	Vegetable Biryani	<b>Option 2</b>	Spinach and Feta Puff
<b>Vegetable</b>	Peas or baked beans	<b>Vegetable</b>	Peas or baked beans
<b>Desert</b>	Rice pudding	<b>Dessert</b>	Choc chip cookie

Available daily:	Further information on different options:
Fresh salad available at the service counter Fresh fruit Drinking water	Option 1: Never changes Option 2 and Dessert: some changes will occur from time to time