



The Mall School

Summer Menu

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24/04/17 15/05/17 12/06/17 3/07/17					
The Main Event	Sweet & Sour Pork	Jackets Tuna & Sweetcorn	Roast Gammon with gravy	Beef Burgers In a Bun	Cod Bites with Crème Fresh
Meat Free Zone	Pasta Macaroni Cheese	Quorn with Peppers, Broccoli, Spring Onion in a Black Bean sauce	Spinach & Feta Strudel	Veggie Burgers In a Bun	Minced Quorn Quesadilla
and to go with	Summer Vegetables Noodle's	Sautéed Pak Choy Steamed Rice	Steamed Broccoli Roast Potatoes	Sweetcorn Roasted New Potato	Peas Potato Wedges
Puddings	Fruit & Yoghurts	Fruit & Yoghurts	Fruit & Yoghurts	Fruit & Yoghurts	Fruit, Yoghurts & Cakes





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Summer Menu

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/05/17 22/05/17 19/06/17 10/07/17					
The Main Event	Chicken Korma	Beef Lasagne	Roast Lamb with Mint Sauce & Gravy	Pizza Pepperoni	Battered Cod with Tartar sauce
Meat Free Zone	Sweet Potato & Lentil Dhal	Spanish Frittata	Mushroom Risotto with Parmesan Cheese	Pizza Margarita	Tomato & Basil Quiche
and to go with	Sugar Snap Peas Rice Naan bread	Green Beans Garlic Bread Herb New Potatoes	Steamed Carrots Roast Potatoes	Sweetcorn Herb Diced Potatoes	Roasted Vegetables Chips
Puddings	Fruit & Yoghurts	Fruit & Yoghurts	Fruit & Yoghurts	Fruit & Yoghurts	Fruit, Yoghurts & Cakes





The Mall School

Summer Menu

Week Three

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8/05/17
5/06/17
26/06/17

The Main Event

Honey Glazed Chicken Strips

Beef Strips with Oriental Vegetables in a Hoisin Sauce

Roast Turkey with Cranberry Sauce & Gravy

Cumberland Sausages

Gluten & Dairy Free Fish Fingers

Meat Free Zone

Pasta Spinach Ricotta Bake

Jackets with Cheese & Beans

Muffins with Poached egg And Spinach muffins

Quorn Sausages

Vegetable Quorn Enchiladas topped with Cheese

and to go with

Green Beans
Noodles

Peas
Steamed Rice

Steamed Carrots
Roasted Potatoes

Baked Beans
Mash Potatoes

Sweetcorn & Peppers
Chips

Puddings

Fruit & Yoghurts

Fruit & Yoghurts

Fruit & Yoghurts

Fruit & Yoghurts

Fruit, Yoghurts & Cakes

