

# Townsend Primary School Summer Lunch Menu 2022



Week 1 Commencing: 18/04/22, 09/05/22, 06/06/22, 27/06/22, 18/07/22

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b> Halal Option available	Quorn Burger in a Bun with Wedges <i>(Dairy, Eggs, Gluten)</i>	Meatballs in tomato sauce and pasta shapes	Roast BBQ Chicken with Jollof Rice	Pasta Bolognese with Garlic Bread <i>(Dairy, Gluten)</i>	Battered Cod with Oven Baked Chips in a bag <i>(Eggs, Gluten)</i>
<b>Meal Option 2</b> Meat free	Falafels with a Sweet Chilli Sauce <i>(Dairy, Gluten)</i>	Veggie Black Bean Chilli with and Oven Baked Wedges	Roast Vegetables with Jollof Rice	Fill your Own Jacket with Baked Beans / Cheese <i>(Dairy)</i>	Mixed Bean and Veg Tortilla Wrap and Oven Baked Chips in a bag <i>(Gluten)</i>
<b>Deli Bar</b>	Chicken Sandwich <i>(Dairy, Egg, Gluten &amp; Mustard)</i> Tuna Sandwich <i>(Fish, Egg, Gluten &amp; Mustard)</i>	Tuna Wrap <i>(Fish, Egg, Gluten &amp; Mustard)</i> Cheese Salad wrap <i>(Egg, Gluten &amp; Mustard)</i>	Roast chicken Panini <i>(Dairy &amp; Gluten)</i> Mixed Fruit Jam Panini <i>(Gluten &amp; Sulp)</i>	Roast Beef in a Savoury Muffin <i>(Dairy, Egg &amp; Gluten)</i> Tuna Muffin <i>(Dairy, Egg, Fish &amp; Gluten)</i>	Cheese Baguette <i>(Dairy &amp; Gluten)</i> Tuna Baguette <i>(Egg, Fish, Gluten &amp; Mustard)</i>
<b>Vegetables</b>	Sweetcorn	Broccoli	Mixed Vegetables	Sliced Carrots	Peas
<b>Salad Bar</b>	Tossed Mixed Leaves Sweet Peppers Salad Sliced Tomatoes	Simple Caesar Salad <i>(Dairy, Eggs, Mustard)</i> Sliced Cucumber	Sweetcorn Turkish Salad <i>(Dairy)</i>	Cucumber and Pepper Sticks Rainbow Coleslaw <i>(Egg, Mustard)</i>	Mixed Lettuce Salad Coleslaw <i>(Dairy, Mustard)</i>
<b>Main Dessert</b>	Fresh Fruit Salad	Blueberry and Lime Cookies	Pineapple Sponge Cake with Custard <i>(Dairy)</i>	Wholegrain Carrot Cake with Vanilla Sauce	Ice Cream <i>(Dairy, Gluten)</i>
<b>2<sup>nd</sup> Dessert</b>	Mixed Fruit Yogurt	Oranges	Dairylea Cheese and Crackers <i>(Dairy, Gluten)</i>	Mixed Fruit Yogurt	Mixed Grapes
<b>Other</b>	Fresh organic bread, fresh fruit and water are also available daily.				

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Week Commencing: 25/04/22, 16/05/22, 13/06/22, 04/07/22					
Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Veggie Sausage In a Finger Roll with Wedges <i>(Fish, Eggs, Dairy, Mustard)</i>	Chilli Con Carne served with Rice and Pitta Bread <i>(Gluten)</i>	Roast Lamb with Gravy and Roast Potatoes	Aromatic Chicken Tikka Masala with Basmati Rice	Jumbo Fish Fingers with Oven Baked Chips in a bag <i>(Eggs, Dairy, Gluten)</i>
<b>Meal Option 2 Meat free</b>	Vegetable Biryani <i>(Egg, Dairy)</i>	Quorn Bolognese <i>(Dairy)</i>	Macaroni Cheese <i>(Dairy, Gluten)</i>	Chickpea and Sweet Potato Curry with Basmati Rice	Vegetable Spring Rolls with Oven Baked Chips in a bag <i>(Gluten)</i>
<b>Deli bar</b>	Tuna Sandwich <i>( Fish, Egg Gluten &amp; Mustard)</i> Turkey Sandwich <i>(Dairy &amp; Gluten )</i>	Low fat cheese wrap <i>(Dairy &amp; Gluten)</i> Chicken Salad wrap <i>(Egg, Gluten &amp; Mustard)</i>	Fish Finger Sandwich <i>(Fish &amp; Gluten)</i> Roast Beef with cucumber salad Sandwich <i>(Gluten )</i>	Roast Beef in a savoury Muffin <i>( Dairy Egg Gluten)</i> Tuna Muffin <i>( Dairy,Fish, Egg , Gluten &amp; Mustard )</i>	Turkey Salad Baguette <i>( Dairy &amp;Gluten)</i> Tuna Baguette <i>( Fish, Egg Gluten &amp; Mustard )</i>
<b>Vegetables</b>	Sweetcorn	Baby Carrots	Broccoli	Mixed Vegetables	Peas
<b>Salad Bar</b>	Cucumber and Tomato Salad Mixed Leaves	Mixed Lettuce Salad Sweet Pepper Salad	Greek Salad <i>(Dairy)</i> Diced Beetroot	Cucumber Raita <i>(Dairy)</i> Sliced Tomatoes and Carrot Sticks	Rainbow Coleslaw <i>(Dairy, Mustard)</i> Mixed leaves
<b>Main Dessert</b>	Wholegrain Chocolate and Orange Cake with a Chocolate Sauce <i>(Dairy, Eggs, Gluten)</i>	Fresh Melon Selection <i>(Dairy, Eggs, Gluten)</i>	Raspberry Jelly with Fresh Fruit Salad	Lemon Sponge Cake with Vanilla Sauce	Ice Cream <i>(Dairy, Eggs, Gluten)</i>
<b>2<sup>nd</sup> Dessert</b>	Mixed Fruit Yogurt	Bananas	Oranges	Mixed Fruit Yogurt	Peaches
<b>Other</b>					

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Fresh organic bread, fresh fruit and water are also available daily.

Week 3 Commencing: 02/05/22, 23/05/22, 20/06/22, 11/07/22

Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Margarita Pizza with Red Onions, Sweet Peppers and Sweetcorn <i>(Dairy, Gluten)</i>	Beef and Vegetable Casserole served with Parmentier Potatoes <i>(Gluten)</i>	Afro Carib Mild Jerk Chicken with Rice and Peas	Chicken Sausage in a Hot dog Roll <i>(Dairy, Gluten)</i>	Cod Goujons with Oven Baked Chips in a bag <i>(Fish, Eggs, Gluten)</i>
<b>Meal Option 2 Meat free</b>	Vegetable Stir Fry with Noodles <i>(Dairy, Gluten)</i>	Broccoli Quiche with Parmentier Potatoes <i>(Gluten)</i>	Chunky Vegetable and Bean Goulash	Quorn Nuggets with a Tomato and herb Sauce	Cheese and Tomato Burrito with Chips in a bag
<b>Deli Bar</b>	Cheese Sandwich <i>(Dairy &amp; Gluten)</i> Tuna Sandwich <i>(Fish, Egg &amp; Mustard)</i>	Tuna Wrap <i>(Fish, Egg, Mustard &amp; Gluten)</i> Chicken Salad wrap <i>(Egg, Mustard &amp; Gluten)</i>	Nicoise Stuffed Baguette <i>(Fish, Egg, Dairy, Gluten &amp; Mustard)</i> Cheese Baguette <i>(Dairy &amp; Gluten)</i>	Turkey Panini <i>(Dairy, Egg &amp; Gluten)</i> Tuna Panini <i>(Fish, Egg, Gluten &amp; Mustard)</i>	Slice Beef Croissant <i>(Dairy &amp; Gluten)</i> Turkey Croissant <i>(Dairy &amp; Gluten)</i>
<b>Vegetables</b>	Broccoli	Mixed Vegetables	Spring Greens	Sweetcorn	Peas
<b>Salad Bar</b>	Mixed Herby Green Salad Cucumber Sticks	Roasted Vegetables with Couscous <i>(Gluten)</i> Tomato and Cucumber Salad	Avocado and Mango Salad Carrot Sticks	Mozzarella and Mixed Olive Salad <i>(Dairy)</i> Sliced Tomatoes	Coleslaw <i>(Dairy, Mustard)</i> Mixed Leaves
<b>Main Dessert</b>	Sliced Peaches and Arctic Roll <i>(Dairy, Eggs, Gluten)</i>	Wholegrain Jam Sponge with Custard <i>(Dairy, Eggs, Gluten)</i>	Fresh Fruit Salad	Sultana Fruit Scones with Cream <i>(Dairy, Eggs, Gluten)</i>	Strawberry Frozen Yogurt <i>(Dairy)</i>
<b>2<sup>nd</sup> Dessert</b>	Mixed Fruit Yogurt <i>(Dairy)</i>	Clementine's	Bananas	Sliced Oranges	Pineapple

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Other

Fresh organic bread, fresh fruit and water are also available daily.