

# YOUR MENUS THIS TERM



Please visit the Parent Portal of our website for allergen and recipe information.

After registration, you will receive details of planned **events**, theme days and any important messages we think you should know about.

<https://relishschoolfood.co.uk/parents>

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>STEP 1</b> Choose from...</p> <p>Meat or Fish option</p> <p>OR</p> <p>Vegetarian option</p> <p>OR</p> <p>Jacket Potato</p> <p>↓</p> <p><b>STEP 2</b> To go with Vegetables / Salad</p> <p>↓</p> <p><b>STEP 3</b> Then add</p> <p>↓</p> <p><b>STEP 4</b> ...and to finish!</p> <p>Choose from a tasty selection of Puddings</p>	<p>Chicken Wrap - Med Flavour</p> <p>OR</p> <p>Quorn &amp; Vegetable Pie</p> <p>OR</p> <p>Salmon &amp; Tomato, Grated Cheese, Tuna &amp; Sweetcorn, Baked Beans, Coleslaw</p> <hr/> <p>Peas</p> <p>Carrots</p> <hr/> <p>Potato Wedges</p> <hr/> <p>Raspberry Mousse</p> <p>OR</p> <p>Cheese &amp; Biscuits Fresh Fruit &amp; Yogurts</p>	<p>Chicken Tikka</p> <p>OR</p> <p>Red Lentil &amp; Cheese Enchiladas</p> <p>OR</p> <p>Salmon &amp; Tomato, Grated Cheese, Tuna &amp; Sweetcorn, Baked Beans, Coleslaw</p> <hr/> <p>Cauliflower</p> <p>Sweetcorn</p> <hr/> <p>Mixed Rice</p> <hr/> <p>Pear Sponge and Chocolate Sauce</p> <p>OR</p> <p>Cheese &amp; Biscuits Fresh Fruit &amp; Yogurts</p>	<p>Roast Turkey with Stuffing</p> <p>OR</p> <p>Quorn Fillet</p> <p>OR</p> <p>Salmon &amp; Tomato, Grated Cheese, Tuna &amp; Sweetcorn, Baked Beans, Coleslaw</p> <hr/> <p>Broccoli</p> <p>Carrots</p> <hr/> <p>Roast Potatoes</p> <p>OR</p> <p>Mashed Potato</p> <hr/> <p>Cornflake Crunchie</p> <p>OR</p> <p>Cheese &amp; Biscuits Fresh Fruit &amp; Yogurts</p>	<p>Beef Lasagne</p> <p>OR</p> <p>Veggie Burgerdillas</p> <p>OR</p> <p>Salmon &amp; Tomato, Grated Cheese, Tuna &amp; Sweetcorn, Baked Beans, Coleslaw</p> <hr/> <p>Green Beans</p> <p>Side Salad</p> <hr/> <p>Homemade Garlic Bread</p> <p>OR</p> <p>New Potatoes</p> <hr/> <p>Summer Crumble and Vanilla Sauce</p> <p>OR</p> <p>Cheese &amp; Biscuits Fresh Fruit &amp; Yogurts</p>	<p>Cod in Batter</p> <p>OR</p> <p>Pizza</p> <p>OR</p> <p>Salmon &amp; Tomato, Grated Cheese, Tuna &amp; Sweetcorn, Baked Beans, Coleslaw</p> <hr/> <p>Baked Beans</p> <p>Peas</p> <hr/> <p>Chips</p> <hr/> <p>Summer Fruit Strawberry Jelly</p> <p>OR</p> <p>Cheese &amp; Biscuits Fresh Fruit &amp; Yogurts</p>

Bread and Salad will be available at Lunch Times

Please speak to a member of the Catering Team or view [relishschoolfood.co.uk](https://relishschoolfood.co.uk) for Allergen Information

**STEP 1** Choose from...

Meat or Fish option



Vegetarian option



Jacket Potato



**STEP 2** To go with Vegetables / Salad



**STEP 3** Then add



**STEP 4** ...and to finish!  
Choose from a tasty selection of Puddings

Bread and Salad will be available at Lunch Times

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger	Southern Baked Chicken	Roast Beef & Yorkshire Pudding	Baked Country Chicken	Cod in Batter
Pasta Neapolitan	Quorn Burger	Quorn Fillet	Roasted Vegetable & Cheese Tart	Pizza
Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw
Baked Beans	Broccoli	Mixed Veg	Carrots	Baked Beans
Side Salad	Side Salad	Minted Red Cabbage	Broccoli	Peas
Potato Wedges	Mixed Pasta	Roast Potatoes	Mashed Potato	Chips
Mixed Pasta	Butterscotch Tart	Raspberry Yoghurt Ice Cream	Pear & Cinnamon Bake and Custard	Apple Flapjack
Strawberry Milkshake & Cookie	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Chicken	Lamb Pitta Pocket	Roast Chicken with Stuffing	Cottage Pie	Cod in Batter
Lentil Ragù	Macaroni Cheese with Veggies	Quorn Fillet	Big Beans Chilli	Pizza
Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw	Salmon & Tomato, Grated Cheese, Tuna & Sweetcorn, Baked Beans, Coleslaw
Green Beans	Broccoli	Carrots	Sweetcorn	Baked Beans
Carrots	Side Salad	Peas	Broccoli	Peas
Mixed Rice	Mixed Rice	Roast Potatoes	Naan Bread	Chips
New Potatoes	Garlic Bread	Mandarin Cheesecake	Apple & Cinnamon Layer and Custard	Fruit Lolly
Chocolate Orange Cake and Custard	Raspberry Ice Smoothie	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts	Cheese & Biscuits Fresh Fruit & Yogurts

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