

Beechwood Primary School Spring Menu 2022



- Added Plant Power
- Vegan
- Wholemeal
- Chef's Special

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato & Vegetable Pasta	Jerk Chicken with Rice	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Macaroni Cheese	Spaghetti Bolognaise	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognaise	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Falafel with Lemon & Herb Couscous	Chicken Fajitas with Rice	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Cheese & Tomato Pizza	Vegetable Enchiladas with Rice	Vegan Mexican Roll with Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.