

Medina Primary Spring / Summer Menu 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 28th Feb 21st March 25th April 16th May 13th June 04th July 29th August 19th September 10th October	Option 1	Tomato Pasta	Beef Burger in a Bun with Potato Wedges	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Beef and red pepper Pizza with Potato wedges	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	Vegan Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes & Gravy	Cheese & Tomato Pizza with potato wedges	Vegan Mexican Roll with Chips & Tomato Sauce
	Option 3	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Italian Vanilla Cake	Apple & Raisin Flapjack	Chocolate Cookie	Orange & Cinnamon Cookie	Peaches & Ice Cream

Week Two 7th March 28th March 02nd May 23rd May 20th June 11th July 05th September 26th September 17th October	Option 1	Macaroni Cheese	Spaghetti Bolognese	Roast Turkey, Roast Potatoes & Gravy	BBQ Chicken Pizza with Potato Wedges	Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognese	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Cheese & Tomato Pizza with potato wedges	Cheese & Bean Pasty with Chips
	Option 3	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Pinwheel Cookie	Vanilla Shortbread	Oaty Cookie	Italian Chocolate Cake	Chocolate & Banana Oaty Square

Week Three 14th March 04th April 09th May 06th June 27th June 18th July 12th September 03rd October	Option 1	Falafel with Lemon & Herb Couscous	Beef Lasagne with Garlic Bread	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chicken Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	BBQ Quorn Fillet with Rice	Vegetable Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Cheese & Tomato Pizza with potato wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Option 3	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Italian Vanilla Cake	Raspberry Jelly & Mandarins	Spanish Cookie	Italian Vanilla Cake	Chocolate Shortbread

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.

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 28th Feb 21st March 25th April 16th May 13th June 04th July 29th August 19th September 10th October	Option 1	Tomato Pasta #V160 #SD11	Beef Burger in a Bun with Potato Wedges #B5 #SD17 #SD6	Roast Chicken, Roast Potatoes, Stuffing & Gravy #C5 #SD7/ #SD82 #SD40 #SD107	Beef and red pepper Pizza with Potato wedges #B32 #SD6	Breaded Fish with Chips & Tomato Sauce #F7 #SD5 #SD14
	Option 2	Spanish Omelette with New Potatoes #V9 #SD2	Vegan Sausage Hot Dog with Potato Wedges #V182 #SD33 #SD6	Vegetable Wellington with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD107	Cheese & Tomato Pizza with potato wedges #V203 #SDA	Vegan Mexican Roll with Chips & Tomato Sauce #V161 #SD5
	Option 3	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans
	Vegetables	Cucumber #SD30 Rainbow Slaw #SD92	Sweetcorn #SD19 Mixed Peppers #SD26	Cabbage #SD35 Broccoli #SD20	Green Beans #SD24 Carrots #SD28	Peas #SD18 Baked Beans #SD22
	Dessert	Italian Vanilla Cake	Apple & Raisin Flapjack	Chocolate Cookie	Orange & Cinnamon Cookie	Peaches & Ice Cream

Available Daily:

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

Week Two 7th March 28th March 02nd May 23rd May 20th June 11th July 05th September 26th September 17th October	Option 1	Macaroni Cheese #V11	Spaghetti Bolognese #B37 #SD8	Roast Turkey, Roast Potatoes & Gravy #T1 #SD7/SD82 #SD107	BBQ Chicken Pizza with Potato Wedges #C83 #SD6	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Vegetable Curry with Rice #V108 #SD84	Vegan Spaghetti Bolognese #V169 #SD8	Roast Quorn, Roast Potatoes, Stuffing, & Gravy #V204 #SD7/ #SD82 #SD40 #SD107	Cheese & Tomato Pizza with potato wedges #V203 #SDA	Cheese & Bean Pasty with Chips #V191 #SD5
	Option 3	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans
	Vegetables	Sweetcorn #SD19 Cauliflower #SD27	Mixed Peppers #SD26 Green Beans #SD24	Carrots #SD28 Peas #SD18	Broccoli #SD20 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
	Dessert	Pinwheel Cookie	Vanilla Shortbread	Oaty Cookie	Italian Chocolate Cake	Chocolate & Banana Oaty Square

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Week Three 14th March 04th April 09th May 06th June 27th June 18th July 12th September 03rd October	Option 1	Falafel with Lemon & Herb Couscous #V178 #SD73	Beef Lasagne with Garlic Bread #B39 #SD50	Roast Chicken, Roast Potatoes, Stuffing & Gravy #C5 #SD7/ #SD82 #SD40 #SD107	Chicken Sausage Hot Dog with Potato Wedges #P3 #SD33 #SD6	Fish in Batter with Chips & Tomato Sauce #F3 #SD5 #SD14
	Option 2	BBQ Quorn Fillet with Rice #V205 #SD84	Vegetable Enchiladas with Rice #V20	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy #V135 #SD7/#SD82 #SD107	Cheese & Tomato Pizza with potato wedges #V203 #SDA	Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5
	Option 3	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans	Jacket Potato with Tuna Mayonnaise, Cheese or Baked Beans
	Vegetables	Green Beans #SD24 Carrot & Beetroot Slaw #SD58	Coleslaw #SD47 Sweetcorn #SD19	Carrot #SD28 Broccoli #SD20	Sweetcorn #SD19 Tomato Salsa #SD56	Peas #SD18 Baked Beans #SD22
	Dessert	Italian Vanilla Cake	Raspberry Jelly & Mandarins	Spanish Cookie	Italian Vanilla Cake	Chocolate Shortbread