

# Swansfield Park Primary School

## Summer Menu 2020

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Mince pie Mashed potato	Thai chicken curry Rice	Roast pork Stuffing balls Roast potatoes	Bacon and cheese macaroni	Salmon fish cake
<b>Vegetarian Options</b>	BBQ vegetarian wraps Chunky wedges	Basil and tomato pasta	Roast Quorn	Courgette and red onion risotto	Pizza
<b>Vegetables</b>	Peas Sweetcorn	Green beans Carrots	Carrots Broccoli	Farmhouse vegetables	Peas
<b>Dessert</b>	Frozen yoghurt Shortbread	Steamed chocolate sponge and custard	Summer fruit crumble Ice cream	Cheesecake	Carrot cake Milk
Available daily: Salads, Jacket Potatoes, Wholemeal Bread, Salad Bar and Yogurts					

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Chicken and bacon fricassée Steamed rice	Lasagne Salad Crusty bread	Roast Turkey Stuffing balls Roast potatoes	Pork sausage New potatoes Baked beans	100% Cod fish fingers
<b>Vegetarian Options</b>	Roasted pepper spinach pasta	Vegetable tacos Fruity couscous	Roast Quorn	Quiche New potatoes Salad	Quorn burger
<b>Vegetables</b>	Mixed vegetable	Farmhouse vegetables	Carrots and Green Beans	Carrots Broccoli	Peas
<b>Dessert</b>	Peaches, ice cream & strawberry sauce or Cheese and biscuits	Semolina Fruit sauce	Raspberry and yogurt cake Apple juice	Cherry and coconut cookie Milk	Blueberry muffin Milk
Available daily: Salads, Jacket Potatoes, Wholemeal Bread, Salad Bar and Yogurts					

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Spaghetti meat balls	Make your own Chicken wrap	Roast beef Yorkshire pudding Roast potatoes	Cheese and bacon panini, wedges and salad	Scampi
<b>Vegetarian Options</b>	Stuffed jackets Vegetable sticks	Cherry tomato frittata	Roast Quorn	Quorn and vegetable pie with mashed potato	Vegetarian Sausages
<b>Vegetables</b>	Mixed vegetables	New potatoes Salad	Carrots Cabbage	Carrots Broccoli	Peas Sweetcorn
<b>Dessert</b>	Eve's pudding Custard	Fruit jelly Ice cream	Chocolate orange crunch	Iced cake Apple juice	Apricot Flapjack Milk
Available daily: Salads, Jacket Potatoes, Wholemeal Bread, Salad Bar and Yogurts					

<b>The Filling Station</b>	Bacon bap	Assorted panini	A selection of sandwiches	Pasta king Various toppings	Fish finger wrap
<b>Available daily</b>	Assorted Sandwiches, Wraps and Salad Bowls, Yogurts, Oaty Biscuits, Flapjacks, Fruit Jelly Pots, Water, Fruit Juice, Milk				