

**ALLERGY INFORMATION:** If your child has an allergy or intolerance 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.

# Tregoze Spring Menu 2018



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Oriental Chicken with Rice	Chicken Sausages with Mashed Potato	Roast Pork With Roast Potatoes and Gravy	Beef Spaghetti Bolognaise	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
<b>Week 1</b>	<b>Vegetarian</b>	Cheese & Potato Pie	Wholemeal Spinach & Tomato Quiche with New Potatoes	Vegetable Loaf With Roast Potatoes and Gravy	Macaroni Cheese with Tomato topping	Veggie Sausages with Chipped Potatoes
01-Jan						
22-Jan						
19-Feb		Sweetcorn Green Beans	Baked Beans	Mixed Vegetables	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
12-Mar						
	<b>Dessert</b>	Shortbread	Apple and Mixed Berry Crumble & Custard	Cheese and Biscuits	Pineapple upside down Cake with Custard	Chocolate Muffin
<b>Week 2</b>	<b>Main</b>	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Chicken and Sweetcorn Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Casserole with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
<b>Week 2</b>	<b>Vegetarian</b>	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Tomato Whirl with Roast Potatoes	Quorn Mince Pasta Bolognaise	Cheese and Tomato Pizza with Chipped Potatoes
08-Jan						
29-Jan		Salad Coleslaw	Roasted Vegetables	Broccoli Sliced Carrots	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
26-Feb						
19-Mar						
	<b>Dessert</b>	Pear Crumble and Custard	Banana Sponge & Custard	Chocolate Cookie	Apple Strudel with Custard	Chocolate and Orange Brownie
<b>Week 3</b>	<b>Main</b>	Beef Burger in a Bun with New Potatoes	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli Con Carne with Rice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
<b>Week 3</b>	<b>Vegetarian</b>	Veggie Hotdog with New Potatoes	Mixed Bean Cassoulet with Mash Potato	Vegetarian Wellington with Roast Potatoes	Chick Pea & Lentil Curry with Rice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan						
05-Feb		Baked Beans Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
05-Mar						
26-Mar						
	<b>Dessert</b>	Carrot Cake with Custard	Apple Flapjack	Jelly	Lemon Drizzle Cake	Smoothie

### Food for Life Offer

We now use line and pole caught Tuna, along with Organic Milk used in the cooking process, RSPH Freedom Food Free Range Eggs, Red Tractor Meat and MSC Fish



### Available Daily

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