

Twelve15 Soya Free Menu Spring Summer 2020/21



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Pesto & courgette twist with oven baked oregano wedges V	BBQ chicken fillet with rainbow rice	Roast British gammon with roast potatoes & gravy	Loaded beef burger in high fibre bun with spicy wedges	Breaded pollock fillet with curly fries
	Sweetcorn Baked beans	Peas Spring salad	Broccoli florets Baton carrots	Coleslaw	Peas Sweetcorn
	Apple puree filled flapjack V	Fresh fruit salad with crème fraîche V	Yoghurt selection V	Jam & coconut shortbread V	Chocolate & courgette cake with crème fraîche
Week Two	BBQ Quorn sausage pasta bake V	Mediterranean style pork steak with egg noodles	Roast British chicken with sage & onion stuffing, roast potatoes & gravy	Organic beef lasagne	Fishwich sub with oven baked chips
	Peas Carrots	Sweetcorn Peas	Sliced green beans Carrot roundels	Spring salad	Peas Baked beans
	Summer fruit crumble with custard V	Mixed melon salad with citrus drizzle V	Yoghurt selection V	Citrus shortbread V	Vegan chocolate & beetroot brownie V
Week Three	2 cheese homemade vegetable pizza with jacket wedges V	Chicken & butternut curry with rice	Pulled pork in a Yorkshire pudding with roast potatoes & gravy	Glamorgan sausage with mini potato waffles	Pollock or salmon fish fingers with spicy wedges
	Cucumber sticks	Green beans Peas	Spring greens Carrot batons	Broccoli florets Sliced carrots	Peas Baked beans
	Oaty banana muffin V	Cheese & biscuits with apple slices V	Yoghurt selection V	Rainbow jelly & crème fraiche with slice of watermelon* V	Butterscotch cookie with drink of milk V