

PHIS SPRING MENU 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 03/01/22 24/01/22 21/02/22 14/03/22 04/04/22	Main	● Chicken Burger in a Bun	● Beef Lasagne	● Roasted BBQ Chicken Dinner	● Lamb Pasta Bolognese	● Fish Fingers
	Vegetarian	Baked Vegetable Samosa	Roasted Vegetable Lasagne	Roasted Vegetable Wrap	Spaghetti with Tomato & Basil Sauce (VG)	Vegetarian Sausage Roll (VG)
	Carbs & Veg	Potato Wedges Peas, Sweetcorn	Tossed Salad Garlic Bread	Roast Potatoes, Broccoli, Carrots	Mixed Salad	Chipped Potatoes, Peas, Baked Beans
	Option	Pasta in Tomato & Basil Sauce (VG)	Jacket Potato with Cheese or Beans	Pasta in a Roasted Vegetable Sauce (VG)	Jacket Potato with Tuna Mayonnaise or Beans	
	Dessert	Apple & Mixed Fruit Oatie Crumble With Custard	Carrot Cake With Custard (optional)	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Apple Pie with Custard	Ind Strawberry & Vanilla Swirl Mousse
Week 2 10/01/22 31/01/22 28/02/22 21/03/22	Main	● Tuna & Sweetcorn Pizza	● Minced Beef & Vegetable Hotpot	● Roasted Paprika Chicken	● Chicken Jollof Rice	● Baked Breaded Fish Fillet
	Vegetarian	Cheese & Tomato Pizza	Mac & Cheese	Stir Fried Rice with Vegetables (Nasi-Goreng - no eggs) (VG)	Mixed Vegetable with Lentil & Chickpeas in Mini Naan Bread (VG)	Chilli Non Carne with Rice (VG)
	Carbs & Veg	Croquette Potatoes Salad Bar	New Potatoes Peas/Sweetcorn	Roast Potatoes, Cabbage, Sliced Carrots	Tossed Salad	Chipped Potatoes, Baked Beans, Peas
	Option	Pasta with Tomato & Basil Sauce (VG)	Jacket Potato with Beans (VG)	Pasta in a Roasted Vegetable Sauce (VG)	Jacket Potato with Tuna Mayonnaise or Bean	
	Dessert	Fresh Fruit Platter Yoghurt	Apple Cake with Custard	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Pancake with Fruit Compote	Ice Cream Pot
Week 3 17/01/22 07/02/22 07/03/22 28/03/22	Main	● Braised Halal Chicken & Beef Sausages with Onion Gravy	● Beef Cottage Pie	● Roast Chicken Dinner	● Minced Beef & Vegetable Pie	● Fish Fingers
	Vegetarian	Broccoli & Cauliflower Cheese with Sweet Potato Mash Topping	Spaghetti in Tomato Sauce (VG)	Vegetable & Lentil Cottage Pie (VG)	Sweet Chili Stir Fry Vegetables with Noodles (VG)	Tomato & Spinach Pinwheel
	Carbs & Veg	Mashed Potatoes, Fresh Broccoli, Baton Carrots	Savoury Potatoes Sliced Carrots, Mixed Vegetables	Roast Potatoes, Baton Carrots & Peas	Mashed Potatoes, Sweetcorn, Whole Green Beans	Chipped Potatoes, Peas, Baked Beans
	Option	Pasta with Tomato Sauce (VG)	Jacket Potato with Cheese or Beans	Pasta with Roasted Vegetable Sauce (VG)	Jacket Potato with Tuna Mayonnaise or Bean	
	Dessert	Reduced Sugar Fruit Crumble with Custard	Blueberry Muffin with Custard	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Honey & Lemon Drizzle Cake Custard Optional	Ind Peach & Pear Pots

Fresh Fruit and Yoghurt are available daily. We use locally sourced ingredients when available and in season. All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

● Halal Suitable (VG) VEGAN (Jacket Potato with Beans) Additional VG Option