

Spring / Summer Menu 2021



with **The Greens**



Monday **Tuesday** **Wednesday** **Thursday - allergy aware** **Friday**

WEEK 1 - 19/4/21, 10/05/2021, 07/06/2021, 28/06/2021, 19/07/2021, 13/09/2021, 4/10/2021

Macaroni Cheese	🍷 Chicken Pasta Bake	Roast Turkey with Stuffing, Roast Potatoes and Gravy	🍷 Beef Chilli Con Carne with Rice	Fish Fingers with Tomato Sauce and Chips
Jacket Potato with Tuna Mayonnaise or Cheese	🍷 Roasted Pepper and Sweetcorn Pizza with Potato Wedges	🍷 Vegetable and Chick Pea Wellington with Roast Potatoes and Gravy	Pasta King	🍷 Cheese and Tomato Quiche
	Jacket Potato with Tuna Mayonnaise	Hot Turkey Bap with Roast Potatoes	Jacket Potato with Beef Chilli	Fish Finger Bap with Chips
BBQ Beans or Sweetcorn	Green Beans and Organic Crunchy Coleslaw	Organic Carrots and Cauliflower	Broccoli and Roasted Vegetables	Baked Beans and Garden Peas
Seasonal Fruit Platter with Yoghurt	🍷 Strawberry Jelly with Yoghurt	Seasonal Fruit Platter with Yoghurt	Seasonal Fruit Platter with Yoghurt	🍷 Butterscotch Cookie

WEEK 2 - 26/4/21, 17/05/2021, 14/06/2021, 05/07/2021, 31/08/2021, 20/09/2021, 11/10/2021

🍷 Cheese and Tomato Pizza with a Half Jacket Potato	🍷 Stir Fried Chicken and Vegetable Noodles	Boneless Crispy Coated Chicken Thigh and Jacket Wedges	🍷 Beef Bolognese with Pasta Twists	Breaded Fish Fillet with Chips
🍷 Roasted Vegetable Pasta Bake	🍷 Vegetable Pasty with Potato Salad	🍷 Cheese and Summer Vegetable Wrap with Jacket Wedges	🍷 Vegetable Curry with Rice 🍷	Potato, Organic Carrot and Tomato Frittata (Like a Spanish Omelette) with Chips
Jacket Potato with Baked Beans	Pasta King	Boneless Crispy Chicken Thigh Bap	Jacket Potato with Beef Bolognese or Vegetable Curry	Jacket Potato with Baked Beans
Green Beans and Cauliflower	Baked Beans or Organic Crunchy Coleslaw	Sweetcorn and Broccoli	Carrots and Courgettes	Garden Peas and Baked Beans
Seasonal Fruit Platter with Yoghurt	🍷 Peach Sponge with Custard	Seasonal Fruit Platter with Yoghurt	Seasonal Fruit Platter with Yoghurt	Chocolate and Beetroot Brownie

WEEK 3 - 3/5/21, 24/05/2021, 21/06/2021, 12/07/2021, 6/09/2021, 27/09/2021, 18/10/2021

🍷 Vegetable Bolognese with Pasta Twists 🍷	🍷 Beef Lasagne	Chicken Sausages with Mash and Gravy	🍷 Sticky Texas Style Chicken with Rice	Fish Fingers or Salmon Fish Fingers with Tomato Sauce and Chips
🍷 Cheese and Tomato Calzone	🍷 Vegetable Chilli with Rice 🍷	🍷 Vegetable Cottage Pie 🍷	🍷 Stir Fried Vegetable Noodles	🍷 Mushroom Quiche
Jacket Potato with Tuna Mayonnaise or Vegetable Bolognese	Jacket Potato with Cheese	Chicken Sausage Hot Dog with Tomato Sauce and Potato Salad	Pasta King	Fish Finger Wrap with Chips
Mixed Salad and Roasted Vegetables	Organic Coleslaw and Cauliflower	Organic Carrots and Green Beans	Broccoli and Sweetcorn	Baked Beans and Garden Peas
Seasonal Fruit Platter with Yoghurt	Lemon Mousse	Seasonal Fruit Platter with Yoghurt	Seasonal Fruit Platter with Yoghurt	Chocolate Sponge with Chocolate Sauce

Served Daily

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

EasiYo Yoghurt



UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all **Reception, Year 1 and Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. **However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!**

FREE SCHOOL MEALS- LOW INCOME

Are you missing out? To check free school meal entitlement please contact your school office.



FREE SCHOOL MEAL PARCELS AND VOUCHERS

If you need more information about our food parcels, or if your school provides vouchers; and you'd like support on how to spend them, then please get in touch with us via your school or view our supporting documents online - www.autographfood.co.uk/place/environments/education

FOOD ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerances can enjoy school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office.

Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

A WORD FROM YOUR LOCAL TEAM

We are very proud of the freshly produced quality food that we feed your children, these lunches will help your children with their social skills and expand their tastes.

If you have any feedback on the menus or ideas for new recipes please let us know.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact autograph.schools@interserve.com



Look out for the VE symbol on our menu for some tasty vegan options.

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal).

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

Spring/Summer 2021 - H&F Thomas Academy