

Princess Frederica Federation

Weekly menu

WEEK ONE: w/c 04/05, 15/06, 06/07



Monday

Tuesday

Wednesday

Thursday

Friday

Margherita Pizza **Wheat, Milk**
with Potato Wedges

BBQ Style Chicken
Crunchy Coleslaw **Egg** and Rice

Jerk Chicken with Rice n Peas
Legumes

Hotdog with Herbed Diced
Potatoes

Fish Fingers **Fish, Wheat**
& Chips & Tomato Sauce

Jacket Potato
with Baked Beans & Cheese
Wheat, Milk (V)

Vegetable and Kidney Bean
Jollof Rice **(V)**

Vegetable Curry with Rice n Peas
Legumes (V)

Carrot & Leek Sausage with
Herbed Diced Potatoes **(V)**

Chickpea & Herb Vegetable Bites
(V) & Chips & Tomato Sauce

Veg of the Day:
Sweetcorn & Peas

Veg of the Day:
Green Beans & Carrots

Veg of the Day:
Seasonal Veg

Veg of the Day:
Sweetcorn & Savoy Cabbage

Veg of the Day:
Baked Beans & Peas

Salad Bar:
Cucumber, Tomato, Lettuce,
Mixed Bean Salad

Salad Bar:
Cucumber, Tomato, Lettuce,
Pasta Salad **Wheat**

Salad Bar:
Coleslaw **Egg**, Cucumber, Mixed
Salad

Salad Bar:
Cucumber, Tomato, Sweetcorn,
Coleslaw **Egg**

Salad Bar:
Rainbow Salad

Toffee Apple Flapjack **Milk,**
Wheat

Portuguese Style
Orange Cake **Wheat, Egg, Milk**
with Custard **Milk**

Jelly with Fresh Fruit Wedges

Vanilla Shortbread Milk, **Wheat**
with Fresh Fruit Wedges

Berry Swirl Sponge
Wheat, Egg, Milk
Custard Milk

Available daily

Please ask the catering manager for food allergen information

Available Daily: Freshly Baked Bread, Salad Selection, Fruits.....

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

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Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni & Cheese
Wheat, Milk

Sweet and Sour Chicken with
Rice

Sausage and Mashed
Potatoes & Gravy

Beef Bolognese with
Spaghetti **Wheat**

Fish Fingers **Wheat, Fish**
& Chips with Tomato Sauce

Jacket Potato with Baked
Beans & Cheese **Milk (V)**

Roasted Vegetables with
Tomato Pasta **Wheat (V)**

Veggie Sausages **Wheat, Milk**
(V) with Mashed Potatoes &
Gravy

Vegetarian Bolognese **(V)**
with Spaghetti **Wheat**

Falafel Bites with Sweet Chilli
Dip **(V)** & Chips with Tomato
Sauce

Veg of the Day:
Carrots & Green Beans

Veg of the Day:
Sweetcorn & Green Beans

Veg of the Day:
Mixed Vegetable Medley

Veg of the Day:
Seasonal Vegetables

Veg of the Day:
Baked Beans & Peas

Salad Bar:
Cucumber, Tomato, Lettuce,
Carrot Sticks

Salad Bar:
Cucumber, Tomato, Lettuce,
Coleslaw **Milk**

Salad Bar:
Cucumber, Tomato, Lettuce,
Sweetcorn

Salad Bar:
Cucumber, Tomato, Lettuce,
Pasta Salad **Wheat**

Salad Bar:
Cucumber, Tomato,
Pasta Salad **Wheat**

Wholemeal Carrot Cake with
Wheat, Egg Custard **Milk**

Ice Cream Vanilla **Milk** Served
with Fresh Fruit Wedges

Mandarin Jelly
with Fresh Fruit Wedges

Lemon Sponge
Wheat, Egg, Milk
Custard **Milk**

Vanilla Shortbread **Wheat,**
Milk with Orange Wedges

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Weekly menu

WEEK THREE: w/c 18/05, 08/06, 29/06, 20/07



Monday

Tuesday

Wednesday

Thursday

Friday

Pasta **Wheat** with Tomato and Basil

Beef Lasagne **Wheat, Milk**

Jerk Chicken with Rice n Peas

Chicken Tikka Masala with Pulao Rice

Fish Fingers **Wheat, Fish** & Chips with Tomato Sauce

Jacket Potato with Baked Beans or Cheddar Cheese **Milk (V)**

Penne Pasta **Wheat** Primavera (Spring Veg) **(V)**

Caribbean Style Veg Curry with Rice n Peas **(V)**

Chickpea, Cauliflower & Sweet Potato Curry with Pulao Rice **(V)**

Vegetable Pattie **(V) Wheat** & Chips with Tomato Sauce

Veg of the Day: Seasonal Vegetables

Veg of the Day: Broccoli & Sweetcorn

Veg of the Day: Carrots & Baked Beans

Veg of the Day: Green Beans & Sweetcorn

Veg of the Day: Baked Beans & Peas

Salad Bar: Cucumber, Tomato, Lettuce, Carrot Sticks

Salad Bar: Cucumber, Tomato, Lettuce, Mixed Bean Salad

Salad Bar: Cucumber, Tomato, Lettuce, Pasta Salad **Wheat**

Salad Bar: Cucumber, Tomato, Lettuce, Coleslaw **Milk**

Salad Bar: Cucumber, Tomato, Lettuce, Potato Salad **Egg**

Jam Sponge **Wheat, Egg, Milk** with Custard **Milk**

Jelly with Fresh Fruit Wedges

Chocolate Sponge **Wheat, Egg, Milk** Chocolate Sauce **Milk**

Apple Crumble with Custard **Wheat, Milk**

Vanilla Shortbread With Fresh Fruit Wedges

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