



YOUR MENU @

STRATFORD MANOR SCHOOL

Spring - Summer 2024

| WEEK 1 | 'Climate Friendly' Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|---|---|---|
| Choice 1 | Plantballs & Roast Red Pepper Sauce with Rice PB | Keema Curry with Rice & Naan V | Cheese & Tomato Flan served with Roast Potatoes PB | Vegetable Koftas with Folded Flatbread & Salad V | Quorn Soft Shell Tacos V |
| Choice 2 | Jacket Potato with Choice of Fillings V | Tuna Wrap | Fish in Tomato & Basil Sauce with Roast Potatoes | Home-made Thin Crust Pizza V | Fish Fingers with Chips |
| Choice 3 | Quorn Dippers with Sweet & Sour Sauce & Egg Noodles V | Lamb & Lentil Lasagne with Garlic Slice | Roast Chicken & Herby Stuffing with Roast Potatoes | BBQ Chicken Wraps | Chicken Shawarma in Flatbread |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Green Beans Fresh Carrots | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | Raspberry Ripple Ice Cream Sponge Roll V | Apple & Peach Crumble with Vanilla Ice Cream* SS V | Frozen Yoghurt served with Fruit Salad* V | St Clement's Cake* SS V | Belgian Style Waffle served with Ice Cream V |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

15 Apr, 6 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct.

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart

* - (Egg Free Dessert Recipe)

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Spring - Summer 2024

| WEEK 2 | 'Climate Friendly' Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|---|---|---|---|---|
| Choice 1 | Vegetable Sausage Roll with Jacket Wedges PB | Vegetarian Hot Dog V | Cheese & Onion Pasty served with Roast or New Potatoes V | Spaghetti Bolognese with Garlic Slice | Chickpea & Potato Curry with Rice PB |
| Choice 2 | Vegetable Pasta Bake V | Roast Mediterranean Vegetable Tagine with Couscous V | Tuna Melt Panini served with Salad & Coleslaw | Lamb & Vegetable Jollof Rice | Fish Fingers with Chips |
| Choice 3 | Vegetable Nuggets with Jacket Wedges V | Baked Sausages served with Mashed Potatoes | Roast Chicken with Yorkshire Pudding with Roast or New Potatoes | Ratatouille Raviolini Parcels with Tomato Sauce PB | Quorn Pattie Muffin with Chips V |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Garden Peas Baked Beans | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Fresh Carrots Green Beans |
| Dessert of the Day | SS Carrot Cake* V | SS Chocolate Sponge Slice served with Chocolate Custard V | Ice Cream V | SS Marble Cake V | Jelly served with Ice Cream* PB |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

22 Apr, 13 May, 10 Jun, 1 Jul, 22 July, 9 Sep, 30 Sep, 21 Oct

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| WEEK 3 | 'Climate Friendly' Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|---|--|
| Choice 1 | Vegetable Samosa with Dhal & Rice PB | Vegetable Tikka Masala with Rice & Naan V | Spinach & Feta Whirls with New Potatoes V | Vegetable Frittata V | Sausage Roll with Chips PB |
| Choice 2 | Mac & Cheese with Focaccia V | Meatballs with Spaghetti | Souvlaki Chicken with New Potatoes | Lamb Burger in a Bun with Jacket Wedges | Fish Fingers with Chips |
| Choice 3 | Vegetable Quesadilla PB | Jacket Potato with Choice of Fillings V | Tuna Lettuce Salad | Southern Style Burger in a Roll with Jacket Wedges V | Chicken Tikka Naan with Indian Style Salad & Yoghurt |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Green Beans Fresh Carrots | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | SS Fruity Flapjack* PB | SS Banana Slice* V | SS Lemon & Lime Cheesecake* V | Strawberry Mousse V | Pancakes with Fruit & Ice Cream* V |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

29 Apr, 20 May, 17 Jun, 8 Jul, 16 Sep, 7 Oct.

MEAT SERVED AT THIS SCHOOL IS HALAL

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