

St John Highbury Vale Summer Menu 2021



Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Monday

Tuesday
















Wednesday

Thursday

Friday

Week One


19th April
10th May
7th June
28th June
19th July

Option 1	Beef and Bean Fajita with 50/50 Rice  	Chicken and Red Pepper Pizza 	Roast Turkey, Skin on Roast Potatoes and Gravy 	Soya Spaghetti Bolognese 	Fishfingers with Sweet Potato Wedges
Option 2	Vegetable and Bean Fajita with 50/50 Rice  	Tomato and Vegetable Pasta 	Roast Quorn with Skin on Roast Potatoes and Gravy 	Roasted Cauliflower Curry with 50/50 Rice  	Cheese and Onion Quiche with Potato Wedges 
Vegetables	Sweetcorn Broccoli Rainbow Slaw	Green Beans Ratatouille Mixed Bean Salad	Carrots Cauliflower Green Bean Salad	Roasted Peppers Courgettes Mixed Leaf Salad	Peas Baked Beans Grated Carrot Salad
Dessert	Peaches and Ice Cream	Plum Crumble with Custard 	Apple, Cheese and Crackers	Chocolate and Banana Oaty Square  	Yoghurt and Fresh Fruit Station

Yoghurt and Fresh Fruit Available Daily

Week Two

26th April
17th May
14th June
5th July

Option 1	Lemon Turkey Stuffed Pitta Pouch	Beef Lasagne with Garlic Bread 	BBQ Chicken Drumstick (Thighs Reception only) with Skin on Roast Potato	Cheese and Tomato Pizza 	Battered Fish with Chipped Potatoes
Option 2	Vegetable Enchiladas with 50/50 Rice 	Vegetable Lasagne with Garlic Bread	Bean and Lentil Burger in a Bun 	Summer Vegetable Risotto 	Red Pepper and Cheese Frittata with Lemon Couscous
Vegetables	Mixed Broccoli and Cauliflower Florets Couscous Salad	Carrots Courgettes Coleslaw	Roast Tomatoes Hot Slaw Sweet Potato Salad	Sweetcorn Green Beans Roasted Veg Salad	Peas Baked Beans Tomato Penne Salad
Dessert	Apple Strudel with Custard	Mandarin Sponge 	Grapes, Cheese and Crackers	Mixed Fruit Crumble with Custard 	Yoghurt and Fresh Fruit Station

Yoghurt and Fresh Fruit Available Daily

Week Three

3rd May
24th May
21st June
12th July

Option 1	Vegetable Stir Fry with Noodles	Chicken Tikka Masala and 50/50 Rice  	Roast Chicken Thighs(Reception) Drumsticks, Skin on Roast Potatoes and Gravy	Moroccan Meatballs in Tagine Sauce with Couscous	MSC Breaded Fish with Chipped Potatoes and Tomato Sauce
Option 2	Macaroni Cheese	Lentil and Sweet Potato Curry and 50/50 Rice  	Lentil and Tomato Whirl with Steamed Potatoes 	Chickpea and Apricot Tagine with Couscous 	Spanish Omelette with Power Salad
Vegetables	Peas Sweetcorn Green Bean Salad	Broccoli Cauliflower Apple and Raisin Salad	Spring Greens Carrots BBQ Noodle Salad	Roasted Vegetables Beetroot and Orange Salad	Peas Baked Beans Tabbouleh
Dessert	Pear Crumble and Custard 	Chocolate and Orange Brownie	Sliced Cheese, Melon and Breadsticks	Bananas and Custard	Yoghurt and Fresh Fruit Station

Yoghurt and Fresh Fruit Available Daily