

## **Brighton & Hove Spring/ Summer 2023**

(V) Vegan (W) Wholemeal

|  |                    | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--------------------|--|--|--|---|---|
| WEEK<br>ONE  | Main               | Macaroni Cheese  | Sausage Roll with Homemade<br>Jacket Wedges      | Roast Chicken with Roast<br>Potatoes & Gravy         | Spaghetti Bolognaise                                    | Salmon Fishfingers with Chips & Homemade Tomato Ketchup |
| 17.04<br>08.05<br>05.06<br>26.06<br>17.07<br>28.08<br>18.09<br>09.10       | Vegan (v)          | Lentil & Sweet Potato Curry<br>with 50:50 Rice   | Vegan Meatballs Pasta Bake with Vegan Cheese     | Roast Quorn with Roast<br>Potatoes & Gravy           | Vegetable Bean Fajitas with<br>Homemade Jacket Wedges   | Vegan Sausages with Chips & Homemade Tomato Ketchup     |
|  | Jacket<br>Potato   | Baked Beans (v)  | Cheese   | Tuna Mayonnaise                                      | Baked Beans & Vegan Cheese (v)                          | Cheese  |
|  | Vegetable          | Sliced Carrots<br>Peas   | Cabbage<br>Sweetcorn                             | Carrots<br>Broccoli                                  | Green Beans<br>Sweetcorn                                | Peas &/or<br>Baked Beans                                |
|  | Deserts            | Chocolate & Mandarin Brownie with Pears  | Cornflake Tart (v) & Custard                     | Jelly (v) & Ice Cream                                | Fruity Shortbread (v)                                   | Oat Cookie (v) with Fruity Friday                       |
|  |                    |  |  |  |   |   |
| WEEK<br>TWO<br>24.04<br>15.05<br>12.06<br>03.07<br>04.09<br>25.09<br>16.10 | Main               | Cheese & Tomato Pizza  | Greek Style Chicken Pitta with Jollof Style Rice | Roast Turkey with Roast<br>Potatoes & Gravy          | Farm Assured Beef Burger with<br>Homemade Jacket Wedges | MSC Breaded Fish with Chips & Homemade Tomato Ketchup   |
|  | Vegan (v)          | 5 Bean Chilli with 50:50 Rice  | Vegan Sausages with Mashed Potato & Gravy        | Sweet Potato and Spinach<br>Tart with Roast Potatoes | Wholemeal Vegetable Pasta Bake with Vegan Cheese        | Falafel with Chips & Homemade<br>Tomato Ketchup         |
|  | Jacket<br>Potato   | Baked Beans (v)  | Cheese   | Tuna Mayonnaise                                      | Baked Beans & Vegan Cheese (v)                          | Cheese  |
|  | Vegetable          | Sweetcorn<br>Carrot  | Peas<br>Cauliflower                              | Cabbage<br>Sweetcorn                                 | Grated Carrot<br>Broccoli                               | Peas &/ or<br>Baked Beans                               |
|  | Deserts            | Lemon Cake   | Apple Flapjack (v)                               | Fruit Jelly (v)                                      | Peach Upside Down Cake & Custard                        | Chocolate Cookie<br>with Fruity Friday (v)              |
|  |                    |  |  |  |   |   |
| WEEK<br>THREE<br>01.05<br>22.05<br>19.06<br>10.07<br>11.09<br>02.10        | Main               | Pork Sausages with Mashed<br>Potato & Gravy  | BBQ Chicken with Jollof Style Rice               | Roast Chicken with Roast<br>Potatoes & Gravy         | Cheese & Tomato Pizza                                   | MSC Fishfingers with Chips & Homemade Tomato Ketchup    |
|  | Vegan (v)          | Vegetarian Tortilla Stack with Vegan Cheese & 50:50 Rice   | Veggie Spaghetti Bolognaise                      | Crunchy Top Vegetable Bake with Roast Potatoes       | Homemade Vegetable Burger with Homemade Jacket Wedges   | Mexican Bean Roll with Chips & Homemade Tomato Ketchup  |
|  | Jacket<br>Potato   | Baked Beans (v)  | Cheese   | Tuna Mayonnaise                                      | Baked Beans and Vegan Cheese (v)                        | Cheese  |
|  | Vegetable          | Carrots<br>Peas  | Broccoli<br>Sweetcorn                            | Cauliflower<br>Cabbage                               | Carrots<br>Sweetcorn                                    | Peas &/or<br>Baked Beans                                |
|  | Deserts            | Golden Snap Cookie (v)   | Fairtrade Banana Cake with<br>Custard            | Peaches (v) & Ice Cream                              | Jelly & Mandarins (v)                                   | Vanilla Shortbread with Fruity<br>Friday (v)            |
|  | Packed<br>Lunch    | Mexican Bean Roll (v)  | Cheese & Cucumber<br>Wholemeal Sandwich          | Roast Meat Baguette                                  | BBQ Quorn in a Roll (v)                                 | Chicken Salad Baguette                                  |
|  | menterior services | The state of the s | 1000   | 19,70%   | mander ** ** ** ** ** ** ** ** ** ** ** ** **           | feeding the imagination                                 |