

Zest Primary Menu June - October 2018 Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

Week 1 4.6/25.06/16.7/10.9/1.10/22.10	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices We use Local Farm Assured Meats and MSC fish...	Homemade Mild Chicken Curry (GF) (DF) (HM) Or Vegetable Samosa (DF) with Mint Yogurt (V) (HM)	Roast Beef (GF)(DF) with Yorkshire Pudding Or Quorn Fillet (V)(GF) with Yorkshire Pudding	Homemade Sausage Roll (HM) Or Butternut Squash Bake (V)(HM)(GF)	Roast Chicken (GF) with Stuffing (DF) Or Vegetable Sausage (V)	Young's MSC Mini Fish Fillet Or Quorn & Rice Jambalaya (V)(HM)(GF)(DF)
Side dishes Salad bar available daily	Fragrant Rice	Roast Potatoes, Broccoli & Carrots	Potato Wedges & Sweetcorn	New Potatoes, Cabbage & Carrots	Oven Chips & Baked Beans
Dessert of the day	Gingerbread Man (HM)	Mandarin Segments in Strawberry Jelly (DF)(GF)	Toffee Cake (HM)(V)	Yoghurt Pot (GF)	Fruit Wedges (GF)(DF)(V)

Week 2 11.6/2.7/23.7/17.9/8.10	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices We prepare our food fresh each day using fresh ingredients...	Oven Crisp Jacket (GF)(DF) with choice of topping Tuna Mayo Baked Beans (V) (DF) Grated Cheese (V) (GF)	Italian Style Pasta Bolognaise (HM)(DF) Or Cheese Pin Wheel (V)(HM)	Battered Chicken Fillets (x2) with Sweet BBQ Sauce (DF) Or Vegetable Fajitas (V)(HM)(DF)	Roast Pork with Apple Sauce (GF)(DF) Or Vegetarian Shepherd's Pie with Lentils (V)(HM)	'Cod Dog' MSC Cod Finger in a Bun with Lettuce Or Vegetable Chow Mein with Egg Noodles (V)(HM)(DF)
Side Dishes Salad bar available daily	Coleslaw and Seasonal Salad	Mashed Potato & Garden Peas	Potato Wedges & Mixed Vegetables	Roast Potatoes, Crushed Carrot & Swede	Chips & Baked Beans
Dessert of the day	Chocolate Cookie (HM)(V)	Raspberry Fool (HM)(V)	Lemon Drizzle Cupcake (HM) (V)	Ice Cream Pot (GF)	Cheese and Crackers (V)

Week 3 18.6/9.7/3.9/24.9/15.10	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices Our Eggs are cage free!	BBQ Chicken & Tomato Pasta Bake (HM) Or Quorn Korma with Naan Bread (HM) (DF)	Roast Gammon (GF)with Stuffing (DF) Or Cowboy Beans (V)(HM)(GF)(DF)	Homemade Chicken Pie (HM) Or Roasted Vegetable Frittata (V)(HM)(GF)	Minced Beef Cobbler (HM) Or Macaroni Cheese Pasta (V)(HM)	'Fishwich' Crisp Fish with a Bun Or Southern 'Style' Quorn Fillet Burger
Side Dishes Salad bar available daily	Rice & Green Beans	Roast Potatoes, Cauliflower & Carrots	Potatoes & Broccoli	Sauté Potatoes & mixed Vegetables	Mashed Potato & Sweetcorn
Dessert of the day	Fresh Fruit Pot (GF)(DF)(V)	Yoghurt Pot (GF)	Apple Sponge (HM)	Sticky Banana Muffin (HM)	Chocolate Crunch Finger (HM)(V)

We have actively reduced the sugar content by approx. 25% in our homemade desserts on this terms menu as a commitment to the Government Change for Life campaign. Fresh whole fruit is available as an alternative to the daily dessert. Homemade bread, salad bar & milk will be provided at mealtimes. We welcome any comments and feedback from parents and children – zest@wellswaymat.com