

Zest Primary Menu

2022 Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

<u>Week 1</u>	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Pasta Shapes with Fresh Tomato sauce (DF)(Ve)(HM) Gluten free pasta available Or Shepherdess Pie (HM)(V)(GF)(DF)	Oven Baked Chicken Strips with 'Ketchup' Or Homemade Cheese Flan (HM)(V)	Roast Turkey (DF)(GF) & Stuffing Or Roast Quorn Fillet (V)(GF)	Beef Bolognese with Spaghetti (HM)(GF) Garlic Bread Or Baked Bean and Cheese Slice (HM)(V)	Battered Fish Fillet Or <i>Birds Eye Green Cuisine</i> Meatless Meatballs x 3 In Tomato Sauce (HM)(Ve) Gluten free fish available
Side dishes Salad bar available daily	Carrots and Green Beans	Herby Diced Potatoes Mixed Vegetables	Roast Potatoes, Carrots and Peas Allergen Free Gravy	Jacket Wedges Salad Bar	Chipped Potatoes Baked Beans or Peas
Dessert of the day	Fresh Fruit Salad (HM)(V)(GF)(DF)	Chocolate Shortbread (HM)(V)	Muller Thick & Creamy Yogurt	Lemon Slice (V)(HM)	Ice cream pot (GF)(V)

<u>Week 2</u>	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Homemade Cheese & Tomato Pizza (HM)(V) Or Veggie Mince Bolognese with Spaghetti (HM)(DF) Gluten free pasta available	Farm Assured Sausages x 2 Or Quorn Sausage Roll (HM)(V)	Farm Assured Roast Beef (GF)(DF) Yorkshire pudding Or Cauliflower Cheese Bake (HM)(Ve)	Chicken and Veg Pie Topped Shortcrust Pastry (HM)(DF) Or Mild Vegetable Curry with rice (HM)(Ve)(GF)(DF)	Golden MSC Fish-Fingers Or <i>Birds Eye Green Cuisine</i> Southern Fried Chicken-free strips x 2 (Ve) Gluten free fish fingers available
Side Dishes Salad bar available daily	Garlic Bread Mixed Seasonal Salad	Mashed Potatoes Salad Bar or Garden Peas	Roast Potatoes, Cabbage and Carrots Allergen Free Gravy	Mixed Vegetables	Chipped Potatoes Baked Beans or Peas
Dessert of the day	Seasonal Fruit	Apple Flapjack (HM)(V)	Muller Thick & Creamy Yogurt	Jam Sponge (HM)(V)	Ice cream pot (GF)(V)

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<u>Week 3</u>	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Classic Macaroni Cheese (V)(HM) Or Jacket Potato with Beans (HM)(V)(Ve) & Cheese (V) Gluten free pasta available	All Day Breakfast Sausage, Bacon, Hash Brown, Baked Beans, ½ tomato Or Bean & Rice Burrito (DF)(Ve)(HM)	Farm Assured Roast Chicken (GF)(DF) & Stuffing Or Quorn Sausages x 2 (V)(GF)	'Hot Dog' Pasta Bake (HM) Or Chickpea & Vegetable Bites (HM)(Ve) Gluten free pasta available	Fish Cake Or <i>Birds Eye Green Cuisine</i> Chicken-Free dippers x 3 (Ve) Gluten free fish fingers available
Side Dishes Salad bar available daily	Fresh Salad Bar	Fresh Bread Mixed Vegetables	Roast Potatoes, Broccoli and Carrots Allergen Free Gravy	Potato Wedges Mixed Seasonal Salad	Chipped Potatoes Baked Beans or Sweetcorn
Dessert of the day	Rice Crispie Bar (HM)(V)	Raspberry Ripple Slice (HM)(V)	Muller Thick & Creamy Yogurt	Homemade Chocolate Brownie (HM)(V)	Ice Cream Pot (GF)(V)