





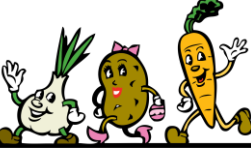
Stoke Hill Federation Summer 2024 Menu

M Main meal. V Vegetarian option. D Dessert.

Jacket potatoes are offered every day with a choice of filling from tuna mayo (8), cheese (2), baked beans or just plain.

Wholemeal bread, milk and water available daily.

Fresh fruit and yoghurts (2) available daily as a dessert alternative.

| | Week 1 | Week 2 | Week 3 |
|--|---|---|---|
| Monday  | Meat Free Monday Option 1: Mac & cheese with garlic bread (1, 2, 5) Option 2: Mediterranean tomato pasta with garlic bread (1, 5) Served with peas and sweetcorn (4) D. Apple flapjack (1) | Meat Free Monday Option 1: Loaded wedges (2) (tomato sauce and cheese) Option 2: Cheese, spinach and potato omelette (3, 8) Served with peas and sweetcorn (4) D. Blueberry shortcake | Meat Free Monday Option 1: Cheese & tomato pizza (1, 2) Option 2: BBQ Quorn wrap (5, 8) Served with potato wedges or rice and mixed vegetables (4) D. Fruit salad |
| Tuesday  | M. Beef bolognese with pasta (1, 5) V. Quorn bolognese with pasta (8, 9) Served with a vegetable medley (4) D. Mandarin sponge & custard (1, 2, 8) | M. Pork sausage roll (1) V. Vegan sausage roll (1) Served with pasta, baked beans or peas (4) D. Chocolate sponge & chocolate sauces (5, 8) | M. Battered chicken chunks (5) with pasta, baked beans or peas (4) V. Baked beans on toast and peas (4, 5) D. Iced sponge cake (1, 5, 8) |
| Wednesday  | M. Roast chicken V. Quorn fillet (8) Served with roast potatoes, carrots, peas and gravy (4) D. Peaches & ice cream (2) (dairy free ice cream available) | M. Roast turkey V. Vegetable burger (1, 10) Served with roast potatoes, carrots, green beans and gravy D. Fruit cocktail | M. Roast pork V. Cheese & potato wheel (1, 2) Served with roast potatoes, carrots, broccoli and gravy D. Fruit jelly |
| Thursday  | M. Pork sausage (1) V. Vegetable sausage (1, 4) Served with potato wedges, baked beans or sweetcorn D. Sticky toffee pudding (8) | M. Pasta with a choice of toppings (pork sausage, baked beans or cheese) (1, 2) V. Pasta with a choice of vegetarian toppings (vegetable sausage, baked beans or cheese) (1, 2, 4) D. Vanilla ice cream tub (2) (dairy free ice cream available) | M. All day breakfast (5) pork sausage, bacon, hash brown, baked beans or vegetables (4) V. Vegetarian all day breakfast (4, 5) vegetable sausage, hash brown, baked beans or vegetables D. Chocolate cracknell (2) |
| Friday  | Bag a lunch M. Chicken nuggets (5) V. Vegan nuggets (1, 4) Served with golden fries, vegetable sticks and ketchup D. Chocolate cookie (1) | Bag a lunch M. Fish fingers (1, 7) V. Vegan sausage (1) Served with golden fries, vegetable sticks and ketchup D. Sultana flapjack (1) | Bag a lunch M. Fish or salmon fingers (1, 7) V. Vegetable spring roll (5) Served with golden fries, vegetable sticks and ketchup D. Raspberry ripple cookie (5) |

| Week | 1 | | | 2 | | | 3 | | | 4 | | | 5 | | |
|------|----|----|----|---|----|----|----|---|----|----|----|----|----|----|----|
| Mon | 15 | 22 | 29 | 5 | 12 | 19 | 26 | 3 | 10 | 17 | 24 | 31 | 7 | 14 | 21 |
| Tues | 16 | 23 | 30 | 6 | 13 | 20 | 27 | 4 | 11 | 18 | 25 | 1 | 8 | 15 | 22 |
| Wed | 17 | 24 | | 7 | 14 | 21 | 28 | 5 | 12 | 19 | 26 | 2 | 9 | 16 | 23 |
| Thu | 18 | 25 | | 8 | 15 | 22 | 29 | 6 | 13 | 20 | 27 | 3 | 10 | 17 | 24 |
| Fri | 19 | 26 | | 9 | 16 | 23 | 30 | 7 | 14 | 21 | 28 | 4 | 11 | 18 | 25 |

Dairy Free and Wheat/Gluten Free options of the menu are always available.

Allergen Information

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|----------------------|--------------------|--------------------|
| 1. Contains wheat | 2. Contains dairy | 3. Contains milk |
| 4. Contains peas | 5. Contains gluten | 6. Contains soya |
| 7. Contains fish | 8. Contains egg | 9. Contains barley |
| 10. Contains mustard | | |