

## Morden - Merton - Spring/ Summer Menu 2023

-  Added Plant Power
-  Vegan
-  Wholemeal

|   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |   |
|---|--|---|--|---|---|---|
| <b>Week One</b><br>17/04/2023<br>08/05/2023<br>05/06/2023<br>26/06/2023<br>17/07/2023<br>18/09/2023<br>09/10/2023 | Option 1   | Cheese & Tomato Pizza with Wedges  | Peri Peri Chicken with Rice  | Roast Chicken, Roast Potatoes, Stuffing & Gravy   | BBQ Quorn with Savoury Rice                 | Fishfingers with Chips & Tomato Sauce   |
|   | Option 2   | Chinese Vegetable Curry with Rice  | Summer Tomato & Butterbean Pasta          | <b>NEW</b> Sweet Potato & Spinach Flan with Roast Potatoes  | Cheese & Red Pepper Frittata with Chips & Tomato Sauce  | Cheesy Bean Puff with Chips   |
|   | Vegetables   | Sweetcorn Salsa with Peppers  | Broccoli Carrots   | Peas Cauliflower  | Roasted Carrots Green Beans   | Peas Baked Beans  |
|   | Dessert  | Fruit & Yoghurt                    | Fruit Jelly with Mandarins                | Freshly Chopped Fruit                                | Iced Vanilla Sponge   | Oaty Cookie   |
|   | Or a choice of Yoghurt & Fresh Fruit available daily |   |  |   |   |   |
| <b>Week Two</b><br>24/04/2023<br>15/05/2023<br>12/06/2023<br>03/07/2023<br>04/09/2023<br>25/09/2023<br>16/10/2023 | Option 1   | Mac and Cheese  | Chicken Sausage Hot Dog with Potato Wedges   | Peri-Peri Chicken with Roast Potatoes and Gravy   | <b>NEW</b> Vegan Meatballs Pasta Bake    | Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce   |
|   | Option 2   | French Pizza Bread                 | Vegan Sausage Hot Dog with Potato Wedges  | Roast Quorn, Roast Potatoes, Stuffing & Gravy   | Vegan Meatballs in Tomato Sauce with Rice   | <b>NEW</b> Vegetable Burger in a Bun with Chips & Tomato Sauce                                   |
|   | Vegetables   | Summer Mixed Vegetables   | BBQ Baked Beans Broccoli   | Carrots Cabbage   | Sweetcorn Green Beans   | Peas Baked Beans  |
|   | Dessert  | Fruit & Yoghurt   | <b>NEW</b> Syrup Snap Biscuit             | Fruit Medley   | <b>NEW</b> Apple Strudel with Cream   | Chocolate Shortbread   |
|   | Or a choice of Yoghurt & Fresh Fruit available daily |   |  |   |   |   |
| <b>Week Three</b><br>01/05/2023<br>22/05/2023<br>19/06/2023<br>10/07/2023<br>11/09/2023<br>02/10/2023             | Option 1   | <b>NEW</b> Chinese Vegetable Noodles  | <b>NEW</b> Chicken Pitta   | BBQ Chicken, Roast Potatoes and Sweetcorn Salsa   | Vegan Spaghetti Bolognese with Garlic Bread    | Fish in Batter with Chips & Tomato Sauce  |
|   | Option 2   | Tomato, Lentil and Cheese Pasta   | Southern Vegan Burger in a Bun with Seasoned Wedges  | Vegan Quorn with Stuffing, Roast Potatoes & Gravy  | Vegetable Enchiladas with Rice   | Cheesy Whirl with Chips   |
|   | Vegetables   | Green Beans Carrots   | Mediterranean Vegetables   | Broccoli Carrots  | Sweetcorn Cauliflower   | Peas Baked Beans  |
|   | Dessert  | Fruit & Yoghurt   | Pineapple Cake with Honey Yoghurt  | Fruit Platter                                      | Vanilla Shortbread   | Chocolate Brownie   |
|   | Or a choice of Yoghurt & Fresh Fruit available daily |   |  |   |   |   |

### 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 you would like to know about particular allergens in foods 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.