



# YOUR MENU @

# SELWYN SCHOOL

Spring - Summer 2022

WEEK I	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	Roasted Vegetable Pasta Bake	Baked Sausages served with Mashed Potatoes	Roast Chicken with Lemon Stuffing served with Roast or New Potatoes	Lasagne with Homemade Garlic Slice	"Catch of the Day" in Batter served with Jacket Wedges
<b>Second Choice</b>	Vegetable Samosa, Dhal & Rice	Chicken Fajita with Peppers, Salsa & Natural Yoghurt	'Fishwich' served in a Bun with Roast or New Potatoes	Sri Lankan Fish & Lentil Curry with Basmati Rice	Vegetable Chilli served with Rice
<b>Vegetarian Choice</b>	"The Vegan Burger" served with Tomato, Mushroom & Vegan Mayo	Veggie Keema & Naan served with Raita	Cheese Flan served with Roast or New Potatoes	Fresh Pomodoro Pasta Parcels	Homemade Pizza Slice served with Jacket Wedges
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Raspberry Ripple Ice Cream Sponge Roll	Freshly baked Chocolate Sponge Slice served with Chocolate Custard	Apple Crumble served with Vanilla Ice Cream	Freshly baked Plum Cake served with Custard	Belgian Style Waffle served with Fruit Salad

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK I** 18 APR, 9 MAY, 6 JUN, 27 JUN, 18 JUL, 5 SEPT, 26 SEP, 17 OCT

Meat served at this school is Halal



KEY: - Vegetarian - Plant Based - Sugar Smart  
 - New Dish - In association with Forest Green Rovers

**DINEin**  
AND DISCOVER



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WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	'New York' Style Veggie Balls served with Penne Pasta	Tuna Pasta Bake	Roast Turkey, with Yorkshire Pudding served with Roast or New Potatoes	Beef or Lamb & Vegetable Jolloff Rice	Fish Fingers served with Chips
<b>Second Choice</b>	Chicken & Oriental Vegetable Stir Fry with Noodles	BBQ Chicken with Jacket Wedges	Kickin' Tandoori Chicken Wrap	Vegetarian Pasta Bolognese Bake	Cheese & Onion Slice served with Chips
<b>Vegetarian Choice</b>	Quorn Frankfurter Hot Dog in a Roll with Tomato & Onion Relish	Mozzarella, Tomato & Basil Pizza with Jacket Wedges	Jacket Potatoes with Selection of Fillings	Southern Style Burger in a Roll with Coleslaw	Beany Tacos with Sweetcorn & Chips
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Apple & Carrot Cake served with Custard	Frozen Yoghurt served with Fruit Salad	Jelly served with Summer Fruit	Freshly baked Strawberry Yoghurt Cake served with Custard	Freshly baked Black Forest Slice served with Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 2**

25 APR, 16 MAY, 13 JUN, 4 JUL, 12 SEPT, 3 OCT

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Eat for Free Scheme funded by



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## Spring - Summer 2022

WEEK 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	Japanese Quorn Katsu Curry served with Oriental Vegetable Stir Fry & Noodles	Chicken & Spring Vegetable Pie with Mashed Potatoes	Roast Lamb & Yorkshire Pudding served with Roast or New Potatoes	Jerk Spiced Chicken served with Rice & Peas	Fish Fingers served with Chips
<b>Second Choice</b>	Tomato & Broccoli Mac & Cheese with Rosemary Focaccia	Lamb Burger served in a Bun with Salad & Jacket Wedges	"Greek on the Street" Chicken Souvlaki served with Folded Flatbread	Kickin' Chicken Burrito with Salsa & Coleslaw	Veggie Sausages served with Chips
<b>Vegetarian Choice</b>	Cheese Salad Wrap	Thai Style Veggie Rice Bowl with Green Beans & Coriander	Jacket Potoates with Selection of Fillings	Vegetarian Biryani & Vegetable Curry	Homemade Veggie Sausage Roll served with Chips
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Plantain Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Freshly baked Fruity Flapjack	Lemon & Lime Cheesecake	Frozen Fruit Smoothie	Freshly baked Sticky Mandarin Sponge Cake served with Ice Cream	Freshly baked Chocolate Shortbread

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 3**

2 MAY, 23 MAY, 20 JUN, 11 JUL, 19 SEPT, 10 OCT

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