























YOUR MENU @

**CURWEN
SCHOOL**

----- Spring - Summer 2022 -----












WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Peri Peri Chicken Pasta Bake 	Baked Sausages with Mashed Potatoes 	Roast Chicken with Lemon & Roast Potatoes 	Lasagne with Garlic Slice 	Tandoori Chicken Wrap 
Second Choice	Oriental Fish Sweet & Sour Stir Fry & Egg Noodles 	Fish Pie with Mashed Potatoes 	'Fishwich' in a Bun with Roast Potatoes 	Sri Lankan Fish & Lentil Curry & Rice 	"Catch of the Day" in Batter & Jacket Wedges 
Vegetarian Choice	Cheese Flan 	Veggie Keema & Naan with Raita 	Veggie Quasdilla 	Fresh Pomodoro Pasta Parcels 	Veggie Burger with Jacket Wedges 
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ripple Ice Cream Sponge Roll 	Chocolate Sponge Slice & Chocolate Custard 	Apple Crumble with Vanilla Ice Cream 	Freshly baked Plum Cake with Custard 	Belgian Style Waffle served with Fruit Salad 

Daily Options

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

WEEK 1

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

													
Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide









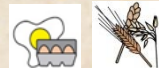




DINEin
AND DISCOVER



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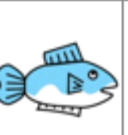






WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	'New York' Style Meatballs with Penne Pasta 	Chicken & Plum Stir Fry with Bok Choi & Noodles 	Roast Turkey, Yorkshire Pudding & Roast Potatoes 	Beef or Lamb & Vegetable Jolloff Rice 	BBQ Chicken & Chips 
Second Choice	Fish Korma With Rice 	Tuna Pizza 	Fish of the Day with Roast Potatoes 	Tuna Pasta Bake 	Fish Fingers with Chips 
Vegetarian Choice	Quorn Hot Dog in a Roll with Tomato & Onion Relish 	Cheese & Tomato Pizza Jacket Wedges 	Quorn Fajitas 	Southern Style Burger with Coleslaw 	Cheese & Onion Slice with Chips 
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Apple & Carrot Cake with Custard 	Frozen Yoghurt With Fruit Salad 	Jelly served with Summer Fruit	Strawberry Yoghurt Cake with Custard 	Black Forest Slice 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

													
Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Chicken Katsu Curry, Stir Fry & Noodles 	Beef or Lamb Burger with Salad & Jacket Wedges 	Roast Beef or Lamb, Yorkshire Pudding Roast Potatoes 	Jerk Spiced Chicken with Rice & Peas 	Chicken Tikka Naan with Salad & Yoghurt
Second Choice	Fish Finger Wrap 	Tuna Hoagie Melt 	Fish Goujons served with Roast Potatoes 	Fish Curry served with Rice 	Fish Fingers with Chips
Vegetarian Choice	Mac & Cheese With Focaccia 	Thai Style Veggie Rice Bowl 	Veggie 'Toad in the Hole' & Roast Potatoes 	Chickpea and Potato Curry with Rice 	Veggie Sausage Roll with Chips
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Plantain Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Fruity Flapjack 	Lemon & Lime Cheesecake 	Frozen Fruit Smoothie	Sticky Mandarin Sponge Cake with Ice Cream 	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

Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

DINEin
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