



Maple Grove School Lunch Menu



Snack tray which will include a few of the listed items below–
Toast, Fruit and Crumpets.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Chinese Style Noodles with Spring Rolls & Chinese Curry Sauce (M), (W), (S), (SS) (V)	Breaded Cod Fish Fingers with Potato wedges & Mushy Peas (M), (W), (F)	Beef or Vegetable Lasagne with Garlic Bread (L), (H), (W), (D), (V)	Chicken or Vegetable Curry with Rice, Naan Bread & Samosa (M), (W), (S), (GF), (V)	Deli Style Lunch Homemade Pudding – (Allergens displayed on day) (M) (H), (W), (F), (E), (D), (P), (V)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Pasta Bake with Garlic Bread (L), (H), (W), (M), (D)	Homemade Pizza and Potato Wedges (H) (W), (D)	Roast Chicken Dinner with Yorkshire Puddings, Roast Potatoes and Vegetables (L), (D)	Beef or Vegetable Pasta Bolognese with Garlic Bread (M), (H), (W), (D), (V)	Deli Style Lunch Homemade Pudding – (Allergens displayed on day) (M) (H), (W), (F), (E), (D), (P), (V)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken or Vegetable Fajitas with Mexican Rice (L), (V), (W), (S), (M), (D), (P)	Cheese, Cheese & Ham or Cheese & Tuna Panini with Potato Wedges & Spaghetti Hoops (L), (D), (W), (F), (V)	Pork, Chicken or Vegetarian sausages, Mashed Potato, Peas, Yorkshire Puddings & Gravy (M), (D), (W), (P)	Beef or Vegetable/Lentil Chilli & Rice (M), (GF)	Deli Style Lunch Homemade Pudding – (Allergens displayed on day) (M) (H), (W), (F), (E), (D), (P), (V)

Vegetarian and Gluten Free options available every day

Everyday lunch option – Fresh Bread Rolls, White/Brown Bread and Wraps, Sausage Rolls, Jacket Potatoes with a filling of either Beans, Cheese or Tuna. (W), (D), (F)

Salad Bar selection - Sweetcorn, Cheese, Tuna, Eggs, Ham, Chicken, Beetroot, Cheese and Onion Mix, Cucumber, Lettuce, Tomatoes and Peppers. (D), (F), (P)

Fruit- available daily - Grapes, Apples, Banana, Melon, Oranges, Watermelon and Pineapple. **daily pudding consisting of one of the following** - Fresh Fruit, Yoghurt, Sugar Free Jelly. (D)

(L) (M) (H) – Levels related to Processed fats, Salts & Sugars

ALLERGEN KEY CODES

