



# Canteen Summer Menu 2018





## Week 1

- Mon Cottage pie or vegetarian cottage pie with peas, carrots and swede (FP)
- Tues Ham or veggie quiche, jacket potato with salad or a selection of vegetables (FP)
- Weds Roast beef with roast potatoes, seasonal vegetables and yorkshire pudding (FP)
- Thurs Chicken and bacon pasta or salad (FP)
- Fri Filled jacket potato, fish fingers or chicken with chips, beans or peas

## Week 2

- Mon Spaghetti bolognese, (meat or Quorn) with homemade bread and salad (FP)
- Tues Chicken casserole, vegetarian stew with dumplings and seasonal vegetables (FP)
- Weds Roast Pork with potatoes and seasonal vegetables, cauliflower cheese (FP)
- Thurs Chicken or vegetable curry with nan bread and rice (FP)
- Fri Filled jacket potato, fish fingers or chicken and chips, beans or peas

**Salad Bar available every day**

**Weekly Specials - FP = Freshly prepared**







## Week 3

- Mon Lasagne (meat or vegetarian), homemade bread with salad or sweetcorn (FP)
- Tues Chicken wrapped in bacon with wedges and seasonal vegetables (FP)
- Weds Roast chicken with stuffing, potatoes and seasonal vegetables, cauliflower cheese (FP)
- Thurs Beef stew, vegetable pasta bake with vegetables or salad (FP)
- Fri Filled jacket potato, fish fingers or chicken with chips, beans or peas

**Salad Bar available every day**

## Variations

### Soups

Red Pepper and tomato,  
Sweet potato and butternut  
squash,  
Leek and potato

- \* Sandwiches and bread rolls available everyday
- \* Jacket potatoes
- \* Salad Bar

The menus shown may change to take advantage of local seasonal produce, vegetables and herbs, when available, from our school garden.

We also occasionally run special themed menus e.g. French, Indian and Chinese.

All freshly prepared in our kitchen.

All food served at Cape complies with national school food standards.

