

Summer Term Menu

Week One

Week Two

Download at hotmealsonwheels.com

Week Three

Monday

Choose from either:

- M** Hot Dog * **G**
- V** Veggie Dog **G**
- JP** Chicken Korma **M**

Served with:

Potato Bites / Sweetcorn

Dessert:

Fresh Fruit **G** Yoghurt **M**

Tuesday

Choose from either:

- M** Roast Chicken & Gravy
- V** Vegan Quorn Fillet & Gravy **G**
- JP** Baked Beans **G**

Served with:

Roast Potatoes / Carrots

Dessert:

Fruit Loaf **G**

Wednesday

Choose from either:

- M** Pork Sausage Roll * **G**
- V** Vegan Sausage Roll **G**
- JP** Cheese **M**

Served with:

Wedges / Baked Beans

Dessert:

Frozen Smoothie **G**

Thursday

Choose from either:

- M** Chicken Fajitas
- V** Quorn Fajitas **E**
- JP** Tuna Bagel with Cucumber **G** **E**

Served with:

Rice / Mixed Veg

Dessert:

Fresh Fruit **G** Yoghurt **M**

Friday

Choose from either:

- M** Bubble Salmon
- V** Cheese Omelette **E** **M**
- JP** Baked Beans **G**

Served with:

Saute Potatoes / Peas

Dessert:

Jam Donut **G**

Monday

Choose from either:

- M** Chicken Korma **M**
- V** Lentil Dahl **G**
- JP** Spaghetti Hoops **G**

Served with:

Rice / Mixed Veg

Dessert:

Flapjack **M** **G**

Tuesday

Choose from either:

- M** Roast Ham *
- V** Vegan Sausages **G**
- JP** Chicken Salad Wrap **G** **E**

Served with:

Roast Potatoes/Green Beans

Dessert:

Fresh Fruit **G** Yoghurt **M**

Wednesday

Choose from either:

- M** Meat-Free Bolognese **G**
- V** Cheesy Pasta **M** **G**
- JP** Chickpea Ratatouille **G**

Served with:

Pasta **G** Sweetcorn

Dessert:

Mousse **M**

Thursday

Choose from either:

- M** Beef Burger **G**
- V** Veggie Burger **G**
- JP** Tandoori Mayo Chicken **E**

Served with:

Potato Wedges / Salad

Dessert:

Fresh Fruit **G** Yoghurt **M**

Friday

Choose from either:

- M** Breaded Fish **G**
- V** Veggie Lasagne **G** **M**
- JP** Baked Beans **G**

Served with:

Chips / Garlic bread Peas **G** **M**

Dessert:

Lemon Drizzle Cake **G** **M** **E**

Monday

Choose from either:

- M** Pork Meatballs * **G**
- V** Veggie Balls **G**
- JP** Cheese **M**

Served with:

Pasta **G** Mixed Veg

Dessert:

Mini Biscuits **G**

Tuesday

Choose from either:

- M** Breaded Chicken Steak **G**
- V** Veggie Bake **G**
- JP** Cream Cheese Bagel & Carrot Sticks **M** **G**

Served with:

Potato Wedges / Baked Beans

Dessert:

Fresh Fruit **G** Yoghurt **M**

Wednesday

Choose from either:

- M** Chicken in Tomato Sauce
- V** Chickpea Ratatouille **G**
- JP** Tuna & Sweetcorn with Mayo **E**

Served with:

Rice / Sweetcorn

Dessert:

Frozen Smoothie **G**

Thursday

Choose from either:

- M** Pork Sausages & Gravy * **G**
- V** Vegan Quorn Dippers **G**
- JP** Chilli Non Carne **G**

Served with:

Roast Potatoes / Carrots

Dessert:

Fresh Fruit **G** Yoghurt **M**

Friday

Choose from either:

- M** Beef Lasagne **M** **G**
- V** Wholemeal Cheese & Tomato Pizza **D** **G**
- JP** Gluten Free Med Veg Pasta **G**

Served with:

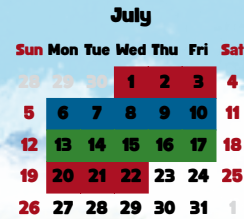
Potato Bites / Peas

Dessert:

Muffins **G** **E** **M**



- M** Main
- V** Vegetarian
- JP** Jacket Potato / Alternative



- G** Contains Gluten
- M** Contains Milk
- V** Vegan
- E** Contains Eggs
- * Contains Pork



Allergies and Free-From Meals

On our menu, after each dish is **one** or **no** letters – either **D, G or E**. These refer to allergies that affect some children.

- G** Contains Gluten
- M** Contains Milk
- V** Vegan
- E** Contains Eggs
- *** Contains Pork

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. **All our meals are Nut Free.**

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day.

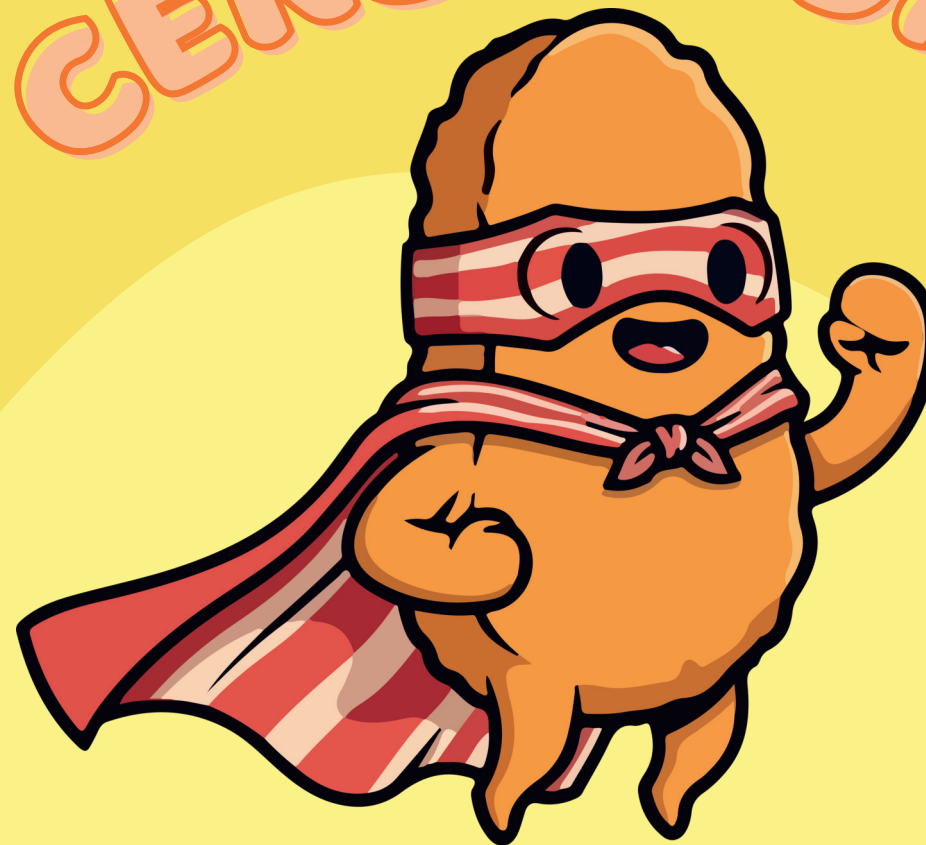
Flip this page over to check out our delicious menu for the term!



Important! We only declare milk, egg, and gluten on the menus where they are present as an ingredient. For full ingredient and allergen information, please get in touch with us.

CENSUS DAY!

THURSDAY
21ST MAY



CHOOSE FROM

Chicken Nuggets **G**
Vegan Nuggets **V** **G**
Cheese **M**

SERVED WITH

Potato Bites
Peas

DESSERT

Party Rings **V** **G**

 **FORERUNNER**
MORE THAN JUST A MEAL
Made in Bournemouth