FRESSSH SPRING/SUMMER MENU 2020

Week 1 Monday	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Kashmiri Chicken and Spinach Curry									✓					
(v) Kashmiri Vegetable Curry									✓					
Steamed Rice														
Naan Bread		✓					✓							
Carbonara Pasta		✓					✓							
VEGAN Pulled Sweet Chilli Jackfruit Wrap with Oriental Salad		✓											✓	✓
Apple and Peach Crunch		✓												
FRESSSH Fruit Pot														
Tuesday														
Spaghetti Bolognese		✓												
VEGAN *Butternut Squash and Sweet Pepper Linguine*		✓												
Garlic Flatbread		✓												
VEGAN Kung Pao Vegetables													✓	
Savoury Rice														
Chimichurri Pork with Peppers and Onions in a Soft Baked Taco		✓					✓							
Lemon Yogurt Mousse Cake		✓		✓			✓						✓	
FRESSSH Fruit Pot														
Wednesday														
Steak and Mushroom Pie		✓												
VEGAN *Vegemince and Onion Pie*		✓											✓	
Creamy Mash														
Seasonal Vegetables														
(v) Nachos with Salsa, Sour Cream and Guacamole							✓							✓
Katsu Chicken Burger in a Brioche Bun with Salad and Curry Mayo		✓		✓			✓							
Black Cherry Brownie with Cherry Compote		✓		✓										
FRESSSH Fruit Pot														
Thursday														
Yellow Thai Chicken with Plum Sauce and Rice Noodles														
VEGAN *Stir-Fried Thai Vegetables with Plum Sauce and Rice Noodles*														
Swedish Style Meatballs in Gravy		✓		✓			✓						✓	
Steamed Rice														
(v) Focaccia Bread Topped with Roasted Vegetables and Halloumi		✓					✓							
Ice Cream with Fruit Topping							✓							
FRESSSH Fruit Pot														
Friday														
Battered Fish		✓			✓									
VEGAN *Spicy Five Bean Burger*		✓										✓		✓
Chunky Chips														
Garden Peas														
Baked Beans														

Chunky Chips Topped with Sticky Chinese Pork														
Tandoori Chicken Kebab in a Naan with Onion Slaw, Mint Yogurt and Mango Chutney		✓		✓			✓		✓					✓
Mini Doughnuts with Dipping Sauce		✓		✓			✓						✓	
FRESSSH Fruit Pot														

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FRESSSH SPRING/SUMMER MENU 2020

Week 2 **Monday**	**Celery**	**Cereals containing Gluten**	**Crustacean**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
Fragrant Keralan Chicken Curry														✓
VEGAN *Fragrant Keralan Vegetable Curry*														✓
Steamed Rice														
Garlic Naan		✓					✓							
VEGAN Sweet Chilli Vegetables and Rice Noodles														
Tomato and Meatball Sub with Cheese		✓					✓							
Lemon Curd Muffin		✓					✓							
FRESSSH Fruit Pot														
Tuesday														
Cottage Pie		✓												
VEGAN *Vegetable Cottage Pie*		✓												
Seasonal Vegetables														
VEGAN *Moroccan Cous-Cous with Spiced Cauliflower*		✓												✓
Chipotle Chicken with Mexican Bean Salsa in a Soft Baked Taco		✓					✓							
Frozen Strawberry Yogurt with a Berry Compote							✓							
FRESSSH Fruit Pot														
Wednesday														
Roast Loin of Pork with Apple Sauce														
VEGAN *Stuffed Peppers in a Tomato Sauce*		✓					✓							
Baby Baked Potatoes														
Seasonal Vegetables														
(v) Halloumi with Roasted Vegetables and Quinoa							✓							
Chicken Shawarma with Shredded Salad, Chilli Sauce and Garlic Dressing with a Lebanese Flatbread		✓		✓										
Apple Berry Slice		✓		✓										
FRESSSH Fruit Pot														
Thursday														
Beef Fajita		✓							✓					
VEGAN *Vegetable Fajita*		✓							✓					
Mexican Rice														
Chermoula Peas														
Veg Packed Paella with Flaked Salmon		✓			✓									
Pork and Apple Burger with Sage and Onion Stuffing		✓										✓	✓	
Beetroot Brownie		✓		✓										
FRESSSH Fruit Pot														

Friday														
Battered Fish		✓			✓									
(v) Roasted Vegetable Frittata				✓			✓							
Chunky Chips														
Garden Peas														
Baked Beans														
Chunky Chips Topped with Pulled BBQ Pork and Garlic Aioli				✓										
VEGAN *Falafel and Hummus Wrap with Shredded Salad*		✓												
Chewy Popcorn Bar							✓							
FRESSSH Fruit Pot														

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FRESSSH SPRING/SUMMER MENU 2020

Week 3 **Monday**	**Celery**	**Cereals containing Gluten**	**Crustacean**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame Seeds**	**Soya**	**Sulphur Dioxide**
Sri Lankan Beef and Sweet Potato Curry														✓
VEGAN *Sri Lankan Chickpea, Spinach and Sweet Potato Curry*														✓
Steamed Rice														
Flatbread		✓												
(v) Mac 'n' Cheese with Rocket and Crispy Onions		✓					✓							
Hoi Sin Pork Wrap with Bean Sprout Salad		✓											✓	✓
Pear and Ginger Crumble with Custard		✓					✓							
FRESSSH Fruit Pot														
Tuesday														
Chicken Al Forno		✓					✓							
(v) Mediterranean Vegetable Al Forno		✓					✓							
Garden Salad														
VEGAN *Thai Infused Vegetables with Rice Noodles*														
VEGAN *Spicy Bean Chilli with Shredded Salad in a Soft Baked Taco*		✓					✓		✓					
Summer Fruit Cheesecake		✓		✓			✓						✓	
FRESSSH Fruit Pot														
Wednesday														
Honey Roast Gammon									✓					✓
(v) Vegetable Wellington		✓		✓			✓							
Colcannon Potatoes							✓						✓	
Seasonal Vegetables														
VEGAN *Moroccan Vegetable Tagine with Cous-Cous*		✓												
Ultimate Burger in a Brioche Bun with Salad and Burger Sauce		✓		✓	✓		✓		✓					
Victoria Sponge		✓		✓										
FRESSSH Fruit Pot														
Thursday														
Smokey BBQ Chicken and BaconMelt							✓							

(v) Smokey BBQ Quorn Fillet				✓			✓							
Herby Diced Potatoes														
Garden Salad														
Sticky Pork with Raman Noodles and Asian Broth		✓											✓	
VEGAN *Roasted Mediterranean Vegetables in a Tomato Wrap*		✓												
Eton Mess				✓			✓						✓	
FRESSSH Fruit Pot														
Friday														
Battered Fish		✓			✓									
(v) Cheese and Red Onion Quiche		✓		✓			✓							
Chunky Chips														
Garden Peas														
Baked Beans														
Chunky Chips Topped with Fried Onions, Crispy Bacon, Gravy and Cheese							✓							
VEGAN *Onion Bhaji Naan Burger with Spiced Mango Chutney*		✓												✓
American Style Pancakes with Maple Syrup		✓					✓							
FRESSSH Fruit Pot														