

# Barrow Hedges Spring Menu 2020



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

**06/01  
27/01  
24/02  
16/03**

Option 1	Macaroni Cheese	Pork Sausages,* with New Potatoes and Gravy	Roast Chicken * with Stuffing, Roast Potatoes and Gravy	Chicken Stir Fry * with Noodles or Rice	MSC Fish Fingers with Chips
Option 2	Lentil and Sweet Potato Curry with Rice	Linda McCartney Sausages with New Potatoes and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles or Rice	Cheese and Tomato Quiche with Chips
Vegetables	Sweetcorn Broccoli	Cauliflower Green Beans	Carrots Cabbage	Roasted Vegetables Sweetcorn	Baked Beans Peas
Dessert	Mixed Fruit Crumble with Custard Yoghurt or Fresh Fruit	Fresh Fruit and Yoghurt Station	Apple Flapjack Yoghurt or Fresh Fruit	Pear & Raisin Upside Down Cake with Custard Yogurt or Fresh Fruit	Orange & Lemon Shortbread with Mandarins Yoghurt or Fresh Fruit

**Week Two**

**13/01  
03/02  
02/03  
23/03**

Option 1	Cheese and Tomato Pizza with Wedges	Lamb Lasagne * with Garlic Bread	Roast Beef * with Roast Potatoes and Gravy	Mediterranean Chicken* with Couscous	MSC Fish in Batter with Chips
Option 2	Mexican Beans Roll with Jacket Wedges	Linda Mc Cartney Sausages with Mash and Gravy	Quorn Roast with Roast Potatoes and Gravy	Vegetarian Chilli with Rice	Cheese and Pepper Frittata with Chips
Vegetables	Sweetcorn Broccoli	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Banana Sponge with Custard Yoghurt or Fresh Fruit	Fresh Fruit and Yoghurt Station	Oaty Cookie with Peaches Yoghurt or Fresh Fruit	Chocolate and Apple Sponge with Chocolate Sauce Yoghurt or Fresh Fruit	Mandarins with Ice Cream Yoghurt or Fresh Fruit

**Week Three**

**20/01  
10/02  
09/03  
30/03**

Option 1	Vegetable Enchiladas with Rice	Beef Burger * in a Bun with Jacket Wedges	Roast Pork / Gammon* Roast Potatoes and Gravy	Chicken Tikka Masala* with Rice	MSC Salmon Fish Fingers With Chips
Option 2	Quorn Bolognese with Spaghetti	Quorn Burger in a Bun with Jacket Wedges	Vegetable Pasty with Roast Potatoes and Gravy	Vegetable Pasta Bake	Cheese & Tomato Pizza with Chips
Vegetables	Sweetcorn Broccoli	Baked Tomatoes Baked Beans	Carrots Diced Swede	Green Beans Cauliflower	Baked Beans Peas
Dessert	Oaty Pear Crumble with Custard Yoghurt or Fresh Fruit	Fresh Fruit Salad Yoghurt or Fresh Fruit	Fruity Shortbread Yoghurt or Fresh Fruit	Peach Upside Down Cake with Custard Yoghurt or Fresh Fruit	Fresh Fruit and Yoghurt Station

**Available Daily:**

- Freshly cooked jacket potatoes on Monday, Tuesday and Thursday
- Bread freshly baked on site
- Daily salad selection

**ALLERGY INFORMATION:**

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

\* On the menu indicates a Halal option is also available on that day