

**Pea Free
Spring/ Summer Menu 2022 Gloucester**



	Monday	Tuesday	Wednesday	Thursday	Friday	
Kingstanley Week 1 28/02/2022 21/03/2022 25/04/2022 16/05/2022 13/06/2022 04/07/2022	Option 1	Tomato Arrabiata Pasta	Jerk chicken with rice	Roast Gammon, Roast Potatoes & Gravy	Beef meatballs with Mash & Gravy	Fishfingers with Chips & Tomato Sauce
	Option 2	Parsnip and Sweet Potato Loaf	Cheese & pepper whirl – lentil free with wedges	Vegetable Hotpot No chickpeas/lentils	Vegan Spaghetti Bolognese	Cheese and Tomato Quiche
	Option 3	Jacket Potato with Cheese or Tuna	Cheese or Tuna Packed lunch on a plate	Jacket Potato with Cheese or Tuna	Jacket Potato with Cheese or Tuna	Jacket Potato with Baked Beans
	Vegetables	Carrots Green Beans	Sweetcorn Broccoli	Green beans Cauliflower	Sweetcorn Carrots	Baked Beans Sweetcorn
	Dessert	Fruit Crumble with custard	Apple & Raisin Flapjack	Orange & Cinnamon Cookie	Chocolate sponge with chocolate sauce	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 2 07/03/2022 28/03/2022 02/05/2022 23/05/2022 20/06/2022 11/07/2022	Option 1	Macaroni Cheese	Spaghetti Bolognese No Lentils	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Sausage & Mash with gravy	Fish in Batter with Chips & Tomato Sauce
	Option 2	Sausage Roll with Wedges	Vegan Spaghetti Bolognese	Potato and Courgette Layer Bake	Shepherdess Pie – lentil free with Gravy	Cheese & Bean Pasty with Chips
	Option 3	Jacket Potato with Cheese or Tuna	Jacket Potato with Cheese or Tuna	Jacket Potato with Cheese or Tuna	Cheese or Tuna Packed Lunch on a plate	Jacket Potato with Baked Beans
	Vegetables	Broccoli Sweetcorn	Carrots Cauliflower	Carrots Savoy Cabbage	Green beans Sweetcorn	Baked Beans Sweetcorn
	Dessert	Lemon Berry Cake	Chocolate & Beetroot Brownie with Chocolate Sauce	Summer Fruit Sponge	Raspberry Jelly & Mandarins	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 3 14/03/2022 04/04/2022 09/05/2022 06/06/2022 27/06/2022 18/07/2022	Option 1	Cheese & Tomato Pizza	Chicken Fajita with Rice	Roast Turkey, Roast Potatoes & Gravy	Beef Burger in a bun with Potato Wedges	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Tomato Arrabiata Butterbean Pasta	Soya Lasagne – lentil free with Garlic Bread	Vegetarian Wellington Roast Potatoes & Gravy	Glamorgan Bean and Leek Sausages with Wedges	Red Pepper and Cheese Frittata with Chips
	Option 3	Jacket Potato with Cheese or Tuna	Cheese or Tuna Packed lunch on a plate	Jacket Potato with Cheese or Tuna	Jacket Potato with Cheese or Tuna	Jacket Potato with Baked Beans
	Vegetables	Green Beans Coleslaw	Broccoli Sweetcorn	Carrot Cauliflower	Sweetcorn Rainbow Slaw	Baked Beans Sweetcorn
	Dessert	Eves Pudding with custard	Pear & chocolate upside down cake	Marble Sponge	Vanilla sponge with custard	Vanilla shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods 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.