















AFC Summer Menu 2022 - MFM

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 18/4/22 9/5/22 30/5/22 20/6/22 11/7/22	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Gammon, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice  	Fishfingers with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Wholemeal Cheese Pasta Bake 	Sweet & Sour Noodles	Vegan Mexican Roll, Chips & Tomato Sauce 
	Option 3	Jacket Potato Bar	Ham and Cheese Baguette	Jacket Potato Bar	Cheese and Salad Pitta	Jacket Potato Bar
	Vegetables	Cucumber Carrots	Rainbow Slaw Sweetcorn	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack  	Peaches & Ice Cream	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 25/4/22 16/5/22 6/6/22 27/6/22 18/7/22	Option 1	Macaroni Cheese	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognese 	Glamorgan Bean & Leek Sausages, Roast Potatoes & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Option 3	Jacket Potato Bar	Falafel and Houmous Wrap 	Jacket Potato Bar	Tuna Mayonnaise & Sweetcorn Roll	Jacket Potato Bar
	Vegetables	Green Beans Sweetcorn	Carrots Broccoli	Cauliflower Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie & Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 2/5/22 23/5/22 13/6/22 4/7/22	Option 1	Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice  	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Cheese & Tomato Pizza 	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Cheese Frittata, Chips & Tomato Sauce
	Option 3	Jacket Potato Bar	Egg Mayonnaise Roll	Jacket Potato Bar	Chicken and Cheese Baguette	Jacket Potato Bar
	Vegetables	Green Beans Carrot Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Fresh Fruit & Yoghurt Station	Raspberry Jelly & Mandarins 	Pineapple Cake with Custard	Chocolate 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.