

**Chickpea and Sesame Free
Leavesden Green Summer Menu 2022**

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Cowboy Chilli Beef with Rice	Garlic and Herb Chicken with Rice	Roast Gammon, Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	Breaded Fish with Chips & Tomato Sauce
	Option 2	Vegetable Enchiladas with Chips & Tomato Sauce		Vegetable Pasty with New Potatoes and Gravy	Vegan Sausage (No Hot Dog Bun) with Potato Wedges	
	Vegetables	Green Peas	Sweetcorn Mixed Peppers	Broccoli Carrots	Green Beans Sweetcorn	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Jam Sponge Cake with Custard	Orange Cookie	Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two	Option 1	Spaghetti Bolognese	Chicken Curry with Rice	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Pork Sausage With Mashed Potatoes	Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry and Rice	Margherita Pizza with Potato Wedges	Roast Quorn, Roast Potatoes, Stuffing, & Gravy #V204 #SD7/ #SD82 #SD40 #SD107	Cheese and Red Pepper Frittata with new Potatoes	
	Vegetables	Sweetcorn Carrots	Mixed Peppers Green Beans	Cauliflower Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple Crumble with Custard	Lemon Drizzle Cake	Jam Sponge Cake with Custard	Orange Cookie	Rice Crispie Cake
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three	Option 1		Chicken with Rice	Roast Turkey, Roast Potatoes & Gravy #T1 #SD7/SD82 #SD107		Fish in Batter with Chips & Tomato Sauce
	Option 2	Macaroni Cheese	Vegan Sausage (NO BUN) with Wedges	Cheese and Pepper Whirl	Broccoli and Cheese Pasta Bake	Quorn Fillet with Chips (NO BAP)
	Vegetables	Green Beans Carrots	Salsa Sweetcorn	Carrot Broccoli	Sweetcorn Coleslaw Salad	Peas Baked Beans
	Dessert	Lemon Cake	OBC Iced Sponge	Vanilla Cookie	Pineapple Loaf with Custard	Strawberry Jelly
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.