



Spring Summer Bubble Menu

Week One

Colman Infant & Junior School

Week One Dates – 12/04/21 - 03/05/21 – 24/05/21 – 07/06/21 – 28/06/21 – 19/07/21 – 06/09/21 – 27/09/21- 18/10/21

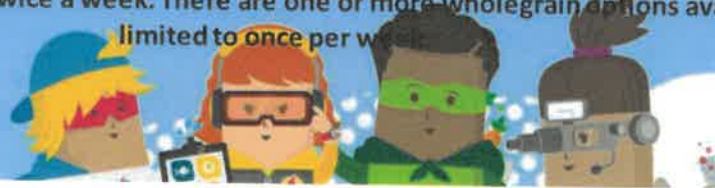
Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Sausage & Mash	Mac n Cheese	Margherita Pizza with Baked Jacket Wedges with Tomato Ketchup	Pulled Chicken Wrap with Sunny Rice	Battered Fish & Chips Tomato Ketchup
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise Grated Cheese Baked Beans (Ve) Salmon & Mayonnaise				
Main Meal Option Two	Vegetable Sausage & Mash	Pasta with Tomato Sauce & Vegetable Sausages (Ve)	Pasta with Cheese Sauce	Vegetable Curry & Sunny Rice (Ve)	Lentil & Tomato Pasta (Ve)
Vegetables	Baked Beans	Broccoli	Mixed Vegetables	Sweetcorn	Garden Peas
Dessert	Ginger Sponge or Fresh Fruit (Ve) or Yoghurt	Fruity Flapjack with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt	Chocolate Sponge or Fresh Fruit (Ve) or Yoghurt	Jam Sponge or Fresh Fruit (Ve) or Yoghurt	Shortbread with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt

Available Daily

Freshly Baked bread
Milk, Squash or
Water
Packed Lunch Offer

Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least 50% fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are limited to once per week.





Spring Summer Bubble Menu Week Two

Week Two Dates - 19/04/21 - 10/05/21 - 14/06/21 - 05/07/21 - 13/09/21 -- 04/10/21

Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Meatballs in Tomato Sauce with Pasta	Mild Chicken Curry with Brown Rice & Naan Bread	Wholemeal Pizza Slice with Baked Potato Wedges Tomato Ketchup	Pasta Bolognese with Garlic Bread	Fish Fingers & Chips With Tomato Ketchup
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise Grated Cheese Baked Beans (Ve) Salmon & Mayonnaise				
Main Meal Option Two	Pasta with Tomato Sauce & Vegetable Sausages (Ve)	Pasta with Vegetable Bolognese (Ve)	Pasta with Cheese Sauce	Lentil & Tomato Pasta (Ve)	Quorn Fajita & Chips (Ve)
Vegetables	Green Beans	Carrots	Mixed Vegetables	Broccoli	Baked Beans
Dessert	Chocolate Sponge or Fresh Fruit (Ve) or Yoghurt	Flapjack (Ve) or Fresh Fruit (Ve) or Yoghurt	Shortbread with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt	Feathered Jam Sponge or Fresh Fruit (Ve) or Yoghurt	Ginger & Mandarin Muffin or Fresh Fruit (Ve) or Yoghurt

Available Daily

Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least 50% fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are limited to once per week.





Spring Summer Bubble Menu

Week Three

Week Three Dates – 26/04/21 – 17/05/21 – 21/06/21 – 12/07/21 – 20/09/21 – 11/10/21

A FORCE FOR FOOD!

Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Beef Burger in a Bun with Homemade Wedges Tomato Ketchup	Mild Beef Chilli with Wholegrain Rice	Cheesy Margherita Pizza Baked Jacket Wedges Tomato Ketchup	Homemade Chicken Pie with Mash	Fish Fingers & Chips with Tomato Ketchup
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise Grated Cheese Baked Beans (Ve) Salmon & Mayonnaise				
Main Meal Option Two	Pasta with Vegetable Bolognese (Ve)	Veggie Mince Chilli with Wholegrain Rice (Ve)	Pasta with Cheese Sauce	Lentil & Tomato Pasta (Ve)	Vegetable Enchilada & Chips (Ve)
Vegetables	Sweetcorn	Broccoli	Mixed Vegetables	Carrots	Garden Pea's
Dessert	Shortbread with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt	Lemon Slice or Fresh Fruit (Ve) or Yoghurt	Chocolate Crunch or Fresh Fruit (Ve) or Yoghurt	Marble Sponge or Fresh Fruit (Ve) or Yoghurt	Crunchy Biscuit with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt

Available Daily

Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least 50% fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are limited to once per week.





Picnic Lunch Menu Week 1

Monday

1. Filled Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tuna Mayo Pasta Salad
2. Cucumber Sticks or Pepper Sticks
3. Satsuma or Apple
4. Ginger Sponge or Yoghurt Pot
5. Orange Cuplet , Still Water, or Milk Carton

Tuesday

1. Filled Sub Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tomato & Basil Pasta Salad
2. Carrot Sticks or Cherry Tomato
3. Apple or Melon Pot
4. Fruity Flapjack or Yoghurt Pot
5. Apple Cuplet , Still Water or Milk Carton

Wednesday

1. Half Filled Baguette with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Curried Pasta
2. Cucumber Sticks or Celery sticks
3. Banana or Grape Pot
4. Chocolate Sponge Cake or Yoghurt Pot
5. Orange Cuplet, Still Water or Milk Carton

Thursday

1. Filled Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Roasted Vegetable Pasta
2. Carrot Sticks or Cherry Tomato
3. Satsuma or Melon Pot
4. Jam Sponge Cake or Yoghurt Pot
5. Apple Cuplet , Still Water or Milk Carton

Friday

1. Filled Sub Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Mint & Cucumber Pasta
2. Pepper Sticks or Cucumber Stick
3. Apple or Grape Pot
4. Shortbread Biscuit or Yoghurt Pot
5. Orange Cuplet , Still Water or Milk Carton





Picnic Lunch Menu Week 2

Monday

6. Filled Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tuna Mayo Pasta Salad
7. Cucumber Sticks or Pepper Sticks
8. Satsuma or Melon Pot
9. Chocolate Sponge Cake or Yoghurt Pot
10. Orange Cuplet ,Still Water or Milk Carton

Tuesday

2. Half Filled Baguette with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tomato & Basil Pasta Salad
2. Carrot Sticks or Cherry Tomato
3. Apple or Grape Pot
4. Flapjack or Yoghurt Pot
5. Apple Cuplet, Still Water or Milk Carton

Wednesday

3. Filled Sub Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Curried Pasta
4. Cucumber Sticks or Celery sticks
3. Banana or MelonPot
6. Shortbread or Yoghurt Pot
7. Orange Cuplet ,Still Water or Milk Carton

Thursday

6. Half Filled Baguette with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Roasted Vegetable Pasta
7. Carrot Sticks or Cherry Tomato
8. Satsuma or Grape Pot
9. Jam Sponge Cake or Yoghurt Pot
10. Apple Cuplet, Still Water or Milk Carton

Friday

6. Filled Sub Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Mint & Cucumber Pasta
7. Pepper Sticks or Cucumber Stick
8. Apple or Melon Pot
9. Ginger & Mandarin Muffin or Yoghurt Pot
10. Orange Cuplet ,Still Water or Milk Carton





Picnic Lunch Menu Week 3

Monday

1. Filled Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tuna Mayo Pasta Salad
2. Cucumber Sticks or Pepper Sticks
3. Satsuma or Grapes Pot
4. Shortbread or Yoghurt Pot
5. Orange Cuplet, Still Water or Milk Carton

Tuesday

1. Half Filled Sub Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tomato & Basil Pasta Salad
2. Carrot Sticks or Cherry Tomato
3. Apple or Melon Pot
4. Lemon Slice or Yoghurt Pot
5. Apple Cuplet, Still Water or Milk Carton

Wednesday

1. Filled Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Pea & Sweetcorn Pasta
2. Cucumber Sticks or Celery sticks
3. Pear or Grape Pot
4. Chocolate Crunch or Yoghurt Pot
5. Orange Cuplet, Still Water or Milk Carton

Thursday

1. Half Filled Baguette with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Tomato & Cheese Pasta
2. Carrot Sticks or Cherry Tomato
3. Banana or Melon Pot
4. Marble Sponge or Yoghurt Pot
5. Apple Cuplet, Still Water or Milk Carton

Friday

1. Filled Sub Roll with choice of Ham, Cheese, Tuna Mayo, Egg Mayo or Coleslaw Pasta
2. Pepper Sticks or Cucumber Stick
3. Satsuma or Grape Pot
4. Crunchy Biscuit or Yoghurt Pot
5. Orange Cuplet, Still Water or Milk Carton

