

Summer 2 Menu Choices

Name of Child:

Year Group:

Class:

INSTRUCTIONS

Please indicate which meal your child would like from the attached menus. You should choose either red (meat/fish) or green (vegetarian) choice for the main meal, and either pudding of the day or the fresh fruit pot. Fresh bread and salad will be available in the classroom.

	Choose 1 of		Jacket Potato	Choose 1 of	
	Red choice	Green choice		Pudding	Fruit pot
Week 1					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Week 2					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Week 3					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Please return to the school by Thursday, 25th May 2017

Invoices for Summer 2 will be sent out on Friday, 26th May 2017 and should be settled by Friday, 9th June 2017



Harpenden Academy - Week One

Weekly menu

Monday

Tuesday

Wednesday

Thursday

Friday

Tandoori Chicken Thigh with Pilaf Rice (D)

Homemade Sausage Rolls (G)

Diced Roast Chicken with Roast Potatoes

Beef Bolognese with Penne Pasta (G pasta)

Fish Fingers & Chips (G)

Vegetable Samosa with Pilaf Rice (G)

Vegetable Sausage Rolls (G)

Roasted Vegetable Cake (G)

Creamy Mushroom & Tomato Pasta Bake (G,D)

Roasted Carrot & Courgette Frittata (D)

Seasonal Vegetables

Potato Wedges & Baked Beans

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Pasta Salad

Diced Cucumber

Pasta Salad

Cucumber Salad

Pasta Salad

Chocolate Mousse with Crème Chantilly (D)

Fruit Jelly

Vanilla Ice Cream Pots (D)

Greek Yoghurt Pots with Compote

Banana Cake (G,D)

Fresh Cut Fruit Pot

Fresh Cut Fruit Pot

Fresh Cut Fruit Pots

Fresh Cut Fruit Pots

Fresh cut Fruit Pots

Week 2 w/c 12th June 2017

Harpenden Academy - Week Two				
Weekly menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Garlic & Herb Chicken with Fusilli Pasta (G,D)	Cottage Pie (D)	Paprika Pork with Egg Noodles	Chicken Biryani with Naan Bread (G)	Homemade Fish Goujons with Chips (G,D)
Stir Fried Vegetables with Egg Fried Rice (D rice)	Vegetable Pie with Sweet Potato Mash (D)	Butternut Squash & Pea Risotto (G,D)	Vegetable Tagine with Cous Cous (G)	Roasted Vegetable & Basil Frittata (D)
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Pasta Salad	Cucumber Salad	Pasta Salad	Cucumber Salad	Pasta Salad
Chocolate Brownie (D,G)	Vanilla & Chocolate Chip Muffins (G,D)	Fruit Jelly Pots	Sticky Orange Cake	Frozen Fruit Yoghurt (D)
Fresh Cut Fruit Pot	Fresh Cut Fruit Pot	Fresh Cut Fruit Pots	Fresh Cut Fruit Pots	Fresh cut Fruit Pots



Week 3 w/c 19th June 2017

Harpenden Academy - Week Three

Weekly menu



Monday

Tuesday

Wednesday

Thursday

Friday

Traditional Beef Lasagne with Homemade Wedges (G,D)	Sausages n Mash (D)	Italian Style Beef with Creamy Mash Potato	Chicken & Bacon Carbonara with Penne Pasta (G,D)	Breaded Fish Fillets with Baked New Potatoes (G)
Roasted Mediterranean Vegetable Lasagne with Homemade Wedges (G,D)	Vegetable Sausage n Mash (D)	Puff Pastry Vegetable Lattice with Creamy Mash Potato (G,D)	Vegetable Pasta Bake (G)	Tomato & Spinach Pie (G,D)
Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Pasta Salad	Cucumber Salad	Pasta Salad	Cucumber Salad	Pasta Salad
Chocolate Sponge with Chocolate Sauce (G,D)	Cheesecake (D)	Fruit Jelly	Chocolate & Vanilla Marble Cake (G,D)	Vanilla Ice-Cream (D)
Fresh Cut Fruit Pot	Fresh Cut Fruit Pot	Fresh Cut Fruit Pots	Fresh Cut Fruit Pots	Fresh cut Fruit Pots