

HAZELWOOD SCHOOLS MENU

Spring Term 2020

WEEK 1

MONDAY

British "Bangers n' Mash" (chicken) or Veggie Sausages with Garden Peas & Gravy

OR

Vegan Pasta Ravioli with Delicious Basilica Sauce

Dessert

Organic Yoghurt Selection

TUESDAY

Chicken Biryani with Mini Naan Bread or Cheesy Flan

OR

Sweet Potato & Butternut Squash Soup with a Cheese Salad Wrap

Dessert

Carrot Cake

WEDNESDAY

Roast Beef or Quorn, Roast Potatoes, Fresh Broccoli & Carrots with Gravy

OR

Velvety Pasta Capellini with a Cheese & Chive Sauce

Dessert

Crumbly Cherry Flapjack

THURSDAY

50% Plant Protein Tasty Beef or Veggie Lasagne with Homemade Garlic Bread & Italian Salad

OR

Tomato Soup & a Turkey Salad Sub Roll

Dessert

Chocolatey Beetroot Sponge-cake with Chocolate Sauce

FRIDAY

Classic Crispy Battered Fish with Chips, or Veggie Curry & Rice Sweetcorn & Baked Beans

OR

Vegan Pasta Ravioli with Roasted Vegetable Sauce

Dessert

Ice-cream

THEME DAYS



Chinese New Year



Pancake Day



British Pie Day



Each day our children can enjoy unlimited salad and fresh bread.

A nutritious meat or vegetarian dish of the day is served with vegetables, or have something from the pasta / jacket station.

Finish it all off with a yummy dessert or fresh fruit, washed down with a glass of milk or water

WEEK 2

MONDAY

50% Plant Protein Meat or Veggie Burger with Homemade Wedges & Sweetcorn

OR

Velvety Pasta Capellini with a Tomato & Basil Sauce

Dessert

Organic Yoghurt Selection

TUESDAY

BBQ Chicken Noodles or Veggie Singapore Noodles

OR

Sweet Potato & Butternut Squash Soup with a Cheese Salad Wrap

Dessert

Banana Cake

WEDNESDAY

Roast Chicken or Quorn Fillet, Roast Potatoes, Fresh Cauliflower & Spring Greens with Gravy

OR

Velvety Pasta Capellini with a Cheese & Chive Sauce

Dessert

Rice Pudding & Fruit Jam

THURSDAY

50% Plant Protein Delicious Pasta Bolognaise or Veggie Meatballs in Marinara Sauce and Rice with Homemade Focaccia & Mixed Salad

OR

Tomato Soup & a Turkey Salad Sub Roll

Dessert

Apple Crumble & Custard

FRIDAY

Lemon Crumb Salmon or Margherita Pizza with Chips, Sweetcorn or Baked Beans

OR

Vegan Pasta Ravioli with Roasted Vegetable Sauce

Dessert

Ice-cream

THEME DAYS



Chinese New Year



Pancake Day



British Pie Day

We alternate our menu between weeks 1 & 2. Please see below for week beginning dates:

Week 1	Week 2
6/1/20	13/1/20
20/1/20	27/1/20
3/2/20	10/2/20
24/2/20	2/3/20
9/3/20	16/3/20
23/3/20	30/3/20