



# Week 1

# Summer Menu



Week Commencing:

15/04/2024, 13/05/2024,  
17/06/2024 and 15/07/2024

	Mon	Tue	Wed	Thu	Fri
 <p><b>MAINS</b> Fresh Flavours</p>	<p>Kung Pao Chicken Stir Fry with Peppers Served with Egg Noodles and Chinese Roasted Greens (G,So,E)</p>	<p>Classic Chicken Breast Burger Served with Oven Baked Potato Wedges and a Spicy Carrot Salad (G,Se,Su)</p>	<p>Classic Italian Beef Lasagne served with Garlic Bread and Green Beans (G,E,Mk,So)</p>	<p>Butchers Chicken Sausages with Onion Gravy, Crushed New Potatoes and Green Beans (Mk,Mu,So,G)</p>	<p>Baked Cod with Tartare Sauce, Chips and Lemon Wedge served with Chipped Potatoes, Peas or Beans (G,F,E,Su)</p>
 <p><b>VEGGIE</b> Meat Free</p>	<p>Kung Pao Quorn Stir Fry Served with Egg Noodles and Chinese Roasted Greens (G,Mu,So,Ce,E)</p>	<p>Wholemeal Tomato and Basil Pasta with Mozzarella Topping and Salad (G,Mk)</p>	<p>Mediterranean Vegetables Lasagne served with Garlic Bread and Green Beans (G,E,Mk,So)</p>	<p>Vegetarian Sausage with Onion Gravy, Crushed New Potatoes and Green Beans (Mk,Mu,G)</p>	<p>Spicy Bean Burger Bap with Lemon Coleslaw (G,Su,E,Mu) Served with Chipped Potatoes, Beans or Peas</p>

At the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who cares!

every day!  
Look out for our

## Salad Bar

Fresh every day packed with tasty choices!



## MEAL DEAL

Check out what's on offer today!

Also available for Free School Meals

## ALLERGENS

we're allergy aware!

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals containing Gluten  
L = Lupin  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts  
Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.

## JACKET POTATOES

### MONDAY

Cheese and Beans topped Jacket Potato (Mk)

### TUESDAY

Tuna Mayonnaise topped Jacket Potato (E,F)

### WEDNESDAY

Cheesy Coleslaw topped Jacket Potato (E,Mu)

### THURSDAY

Chilli con Carne topped Jacket Potato (None)

### FRIDAY

Cheese and Beans topped Jacket Potato (Mk)

## DESSERT

### MONDAY

Apple Crumble with Custard (G,Mk)

### TUESDAY

Fruity Flapjack (G,Su)

### WEDNESDAY

Baked Citrus Pudding with Lemon Sauce (G,Mk,E)

### THURSDAY

Banana Tea Bread (G,Mk,E)

### FRIDAY

Fruit Crumble with Custard (G,Mk)



# Week 2

# Summer Menu



Week Commencing:

22/04/2024, 20/05/2024,  
24/06/2024 and 22/07/2024

	Mon	Tue	Wed	Thu	Fri
<p><b>MAINS</b> Fresh Flavours</p>	Mild Chicken Curry served with wholegrain Rice and Green Beans <b>(None)</b>	Classic Greek Beef Moussaka with Salad and Baked Wholemeal Pitta <b>(G,Mk)</b>	Peri Peri Chicken Thigh with Paprika Crushed Potatoes . Spicy Gravy, Carrots and Sweetcorn <b>(E,Su,G)</b>	Mexican Beef Chilli con Carne with Sour Cream Served with Steamed Wholegrain Rice and Broccoli <b>(Mk)</b>	Breaded Pollock or Salmon fish cakes with Tartare Sauce, and Lemon Wedge Served with Chipped Potatoes and Peas or Beans <b>(G,F,E,Su)</b>
<p><b>VEGGIE</b> Meat Free</p>	Spring Vegetable and Lentil Curry served with Wholegrain Rice and Green Beans <b>(G)</b>	Veggie Hot Dog Roll with Roasted Onions and Ketchup Served with Oven Baked Potato Wedges and a Spicy Carrot Salad <b>(G,So)</b>	Butternut and Leek Wellington served with Gravy, New Potatoes, Carrots and Sweetcorn <b>(G,Mk,E)</b>	Vegetarian Chilli Con Carne with Sour Cream Served with Steamed Wholegrain Rice and Broccoli <b>(Mk)</b>	Wholewheat Mushroom and Sweetcorn Cheesy Pasta Bake served with Salad <b>(G,Mk)</b>

## JACKET POTATOES

### MONDAY

Cheese and Beans topped Jacket Potato  
**(Mk)**

### TUESDAY

Cheesy Coleslaw topped Jacket Potato  
**(E,Mu)**

### WEDNESDAY

Beef Bolognaise topped Jacket Potato  
**(None)**

### THURSDAY

Tuna Mayonnaise topped Jacket Potato  
**(F,E)**

### FRIDAY

Cheese and Beans topped Jacket Potato  
**(Mk)**

## DESSERT

### MONDAY

Banana and Apple Crumble with Custard  
**(Mk,G)**

### TUESDAY

Carrot Cake  
**(G,E)**

### WEDNESDAY

Pear Crumble and Custard  
**(Mk,G)**

### THURSDAY

Baked Lemon Pudding with Vanilla Sauce  
**(Mk,E,G)**

### FRIDAY

Sultana and Cranberry Flapjack  
**(G,Su)**

At the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who cares!

every day!  
Look out for our

## Salad Bar

Fresh every day packed with tasty choices!



## MEAL DEAL

Check out what's on offer today!

Also available for Free School Meals

## ALLERGENS

we're allergy aware!

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals containing Gluten  
L = Lupin  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts  
Se = Sesame Seeds containing Gluten  
So = Soya  
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.

# Week 3

# Summer Menu



**Mulberry**  
Academy Shoreditch

Week Commencing:

29/04/2024, 03/06/2024  
and 01/07/2024

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



## MAINS

*Fresh Flavours*

Classic Spaghetti  
Bolognaise  
Served with  
Garlic Bread  
and Steamed Broccoli  
**(G,Mk,So)**

Aromatic Chicken  
Balti, Steamed  
Wholegrain Rice and  
Garlic Roasted Greens  
**(G,Mk,Su)**

Cottage Pie  
served with  
Steamed Cabbage  
and Carrots  
**(G,Ce)**

Mexican Chicken,  
Peppers and  
Beans Fajita  
Served with Mexican  
Wholegrain Rice  
and Sweetcorn  
**(G,Mu,Mk,Ce)**

Battered Pollock or  
Fish Finger Bap with  
Lemon Coleslaw  
**(G,E,Mu,F)**  
Served with  
Chipped Potatoes,  
Beans or Peas



## VEGGIE

*Meat Free*

Veggie Mince  
Wholewheat  
Bolognaise  
Pasta Bake  
Served with  
Garlic Bread  
and Broccoli  
**(G,Mk,So)**

Aromatic Roasted  
Cauliflower and  
Chickpea Balti with  
Wholegrain Rice and  
Garlic Roasted Greens  
**(Mk,So)**

Vegetable Mince  
Cottage Pie served  
with Steamed  
Cabbage and Carrots  
**(G,Mk,Ce)**

Mexican Vegetable  
Quesadilla with Sour  
Cream and Cheese  
Served with Mexican  
Wholegrain Rice and  
Sweetcorn  
**(G,Mu,Mk,Ce)**

Cheese and Onion  
Pasty  
**(G,Mk,E)**  
Served with  
Chipped Potatoes,  
Beans or Peas

## JACKET POTATOES

### MONDAY

Cheese and Beans topped Jacket Potato  
**(Mk)**

### TUESDAY

Mexican Tuna topped Jacket Potato  
**(E,F,Mu)**

### WEDNESDAY

Baked Bean topped Jacket Potato  
**(None)**

### THURSDAY

Chilli con Carne topped Jacket Potato  
**(None)**

### FRIDAY

Cheese and Beans topped Jacket Potato  
**(Mk)**

## DESSERT

### MONDAY

Eves Pudding  
**(G,E)**

### TUESDAY

Pineapple upside down cake and custard  
**(G,E,Mk)**

### WEDNESDAY

Banana Bread and Butter Pudding  
**(Mk,G,So,E)**

### THURSDAY

Pear and Ginger Flapjack Crumble  
**(Mk,G,E)**

### FRIDAY

Oat and Raisin Cookie  
**(Mk,E,G)**

*every day!*

Look out for our

## Salad Bar

Fresh every day packed  
with tasty choices!



# MEAL DEAL

Check out what's  
on offer today!

Also available for Free School Meals

## ALLERGENS

*we're allergy guru!*

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals  
L = Lupin  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts  
Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.



# Week 4

# Summer Menu



Week Commencing:

06/05/2024, 10/06/2024  
and 08/07/2024

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



## MAINS

*Fresh Flavours*

Chinese Style Chicken Thigh with Sweet and Sour Sauce with Steamed Soya Noodles and Green Beans  
**(G,Su,So,Se,Mu)**

Beef Keema Curry Served with Wholegrain Rice, Roasted Butternut and Peas  
**(None)**

Chicken Pasta Bake with Sweetcorn and Leeks, Served with Steamed Broccoli  
**(Mk,G)**

Beef Mince Puff Pastry Pie Served with Creamy Mash, Baby Carrots and Green Beans

Battered Pollock with Tartare Sauce and Lemon Wedge or Smoked Salmon and Spinach Tart  
**(G,F,E,Su,Mk)**  
Served with Chipped Potatoes, Beans or Peas



## VEGGIE

*Meat Free*

Sweet and Sour Quorn Served with Steamed Noodles and Green Beans  
**(G,Su,So,Se,Mu)**

Veggie Mince Curry Served with Wholegrain Rice, Roast Butternut and Peas  
**(So,E)**

Neapolitan Wholewheat Spaghetti with Olives and Chefs salad  
**(G)**

Vegetarian Cajun Sausage Casserole Baby Carrots and Green Beans  
**(G,Su)**

Roast Pepper and Feta Cheese Frittata with Broccoli  
**(E,Mk)**

## JACKET POTATOES

### MONDAY

Cheese and Beans topped Jacket Potato  
**(Mk)**

### TUESDAY

Beef Chilli topped Jacket Potato  
**(None)**

### WEDNESDAY

Tuna Sweetcorn Mayonnaise topped Jacket Potato  
**(F,E)**

### THURSDAY

Cheese and Beans topped Jacket Potato  
**(Mk)**

### FRIDAY

Chicken Curry topped Jacket Potato

## DESSERT

### MONDAY

Apple and Winter Berries Crumble with Custard  
**(G,Mk)**

### TUESDAY

Roasted Pineapple and Ginger Cake  
**(G,E,Mk)**

### WEDNESDAY

Jam and Coconut Sponge with Custard  
**(G,E,Mk)**

### THURSDAY

Pear and Vanilla Topsy Turvy Cake  
**(G,E,Mk)**

### FRIDAY

Sticky Toffee Pudding  
**(Mk,E,G,Su)**

# MEAL DEAL

Check out what's  
on offer today!

Also available for Free School Meals

## ALLERGENS

*we're allergy aware!*

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals  
L = Lupin  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
N = Nuts  
P = Peanuts  
Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

Speak to one of our chefs if you have any allergies.