

SUMMER 2023

17/04/23 TO 21/07/23 **FRESH FRUIT CAN BE ORDERED EVERYDAY INSTEAD OF THE DESSERT.**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese & tomato pizza (G, MI)	Sweet & sour chicken	Roast chicken	Meatballs in a tomato sauce	Fish fillet (FI, G)
OPTION 2	Cheese & tomato pizza (G, MI)	Sweet & sour vegetables	Vegan sausage (SO)	Vegan balls in a tomato sauce (SO)	Vegetable nuggets
OPTION 3	Crackers, cheese, pickle, butter & a selection of salad (G, E, MI, SU) (MI) (SU, B)	Jacket potato, Tuna mayo & salad (F, E)	Cheese & tomato quiche (E, MI, G)	Jacket potato, Cheese & salad (MI)	Crackers, cheese, pickle, butter & a selection of salad (G, E, MI, SU) (MI) (SU, B)
SIDES	Baked beans	Rice & veg	Roast potatoes, veg & gravy	Mixed pasta & veg (G)	Chips & peas
DESSERT	Pancakes & sauce (G, E, MI)	Tinned fruit & cream (MI)	Jelly with fruit	Sultana cake (G, E)	Ice-cream (MI)

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken burger in a bun (G) (G, SE)	Bbq chicken	Roast beef	Tomato & basil sauce	Fish fingers (FI, G)
OPTION 2	Rice & quinoa chicken style burger in a bun (MU, SO) (G, SE)	Bbq meat free chunks. (SO)	Vegan sausage (SO)	Tomato & basil sauce	Veg nuggets
OPTION 3	Crackers, cheese, pickle, butter & a selection of salad (G, E, MI, SU) (MI) (SU, B)	Jacket potato, Tuna mayo & salad (F, E)	Cheese Quiche (MI) (E, MI, G)	Jacket potato, Cheese & salad (MI)	Crackers, cheese, pickle, butter & a selection of salad (G, E, MI, SU) (MI) (SU, B)
SIDES	Herby diced potatoes & baked beans (G)	Rice & veg	Mash potato, veg & gravy (G, MI)	Pasta & veg (G)	Chips & peas
DESSERT	Pancakes & sauce (G, E, MI)	Tinned fruit & cream (MI)	Jelly & fruit	Carrot cake (G, E)	Ice-cream roll (G, E, MI, SO)

ALLERGEN INFORMATION:

CONTAINING: (G) GLUTEN, (E) EGG, (MI) MILK, (C) CELERY, (F) FISH, (MU) MUSTARD, (SU) SULPHITES, (SO)SOYA, (N) TREE NUTS, (L) LUPIN, (SE) SESAME SEEDS, (O) OATS, (SM)SODIUM Metabisulphite, (B) BARLEY

If you have any questions regarding our allergens & menus, please contact us at bistro@wadhamschool.co.uk

Due to purchasing issues it may be necessary on occasions to offer suitable alternatives to those shown on the menu.

A Gluten free or Dairy free alternative is available for those who require it.

All options are served with the sides, unless highlighted

BREAD IS AVAILABLE DAILY, PLEASE ORDER

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausage (G, SU)	Chicken curry (G, MU)	Roast pork	Beef Bolognaise	Fish cake (FI, G)
OPTION 2	Meat free sausage (SU)	Meat free chunks curry (SO) (G, MU)	Vegan sausage (SO)	Vegan bolognaise (SO)	Veg & bean burger
OPTION 3	Crackers, cheese, pickle, butter & a selection of salad (G, E, MI, SU) (MI) (SU, B)	Jacket potato, Tuna mayo & salad (F, E)	Salmon quiche (FI, MI, G, E)	Jacket potato, Cheese & salad (MI)	Crackers, cheese, pickle, butter & a selection of salad (G, E, MI, SU) (MI) (SU, B)
SIDES	Potato croquettes & baked beans	Rice & veg	New potatoes, veg & gravy	Pasta & veg (G)	Chips & peas
DESSERT	Pancakes & sauce (G, E, MI)	Tinned fruit & cream (MI)	Jelly with fruit	Banna cake (G, E)	Ice-cream (MI)

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BREAD IS AVAILABLE DAILY PLEASE ORDER

SUMMER 2023 GF/DF

17/04/23 TO 21/07/23

FRESH FRUIT CAN BE ORDERED EVERYDAY INSTEAD OF THE DESSERT.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese & tomato pizza	Sweet & sour chicken	Roast chicken	Meatballs in a tomato sauce	Fish fingers (FI)
OPTION 2	Cheese & tomato pizza	Sweet & sour vegetables	Vegan sausage (SO)	Vegan balls in a tomato sauce (SO)	Vegetable nuggets
OPTION 3	Crackers, cheese, pickle, butter & a selection of salad (O) (SU, B)	Jacket potato, Tuna mayo & salad (F, E)	Cheese & tomato quiche (E, SO)	Jacket potato, Cheese & salad	Crackers, cheese, pickle, butter & a selection of salad (O) (SU, B)
SIDES	Baked beans	Rice & veg	Roast potatoes, veg & gravy	pasta & veg	Chips & peas
DESSERT	Pancakes & sauce (E)	Tinned fruit & cream (SO)	Jelly with fruit	Sultana cake (E)	Ice-cream

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken burger in a bun (SO)	Bbq chicken	Roast beef	Tomato & basil sauce	Fish fingers (FI)
OPTION 2	Rice & quinoa chicken style burger in a bun (MU, SO)	Bbq meat free chunks (SO)	Vegan sausage (SO)	Tomato & basil sauce	Veg nuggets
OPTION 3	Crackers, cheese, pickle, butter & a selection of salad (O) (SU, B)	Jacket potato, Tuna mayo & salad (F, E)	Cheese Quiche (E, SO)	Jacket potato, Cheese & salad	Crackers, cheese, pickle, butter & a selection of salad (O) (SU, B)
SIDES	Herby diced potatoes & baked beans	Rice & veg	Mash potato, veg & gravy	Pasta & veg	Chips & peas
DESSERT	Pancakes & sauce (E)	Tinned fruit & cream (SO)	Jelly & fruit	Carrot cake (E)	Ice-cream

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Summer GF/DF

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausage	Chicken curry (C)	Roast pork	Beef Bolognaise	Fish fingers (FI)
OPTION 2	Meat free sausage (SU)	Quorn curry (C)	Vegan sausage (SO)	Vegan bolognaise(SO)	Veg & bean burger
OPTION 3	Crackers, cheese, pickle, butter & a selection of salad (SO) (SU, B)	Jacket potato, Tuna mayo & salad (F, E)	Salmon quiche (FI, SO, E)	Jacket potato, Cheese & salad	Crackers, cheese, pickle, butter & a selection of salad (SO) (SU, B)
SIDES	Potato croquettes & baked beans	Rice & veg	New potatoes, veg & gravy	Pasta & veg	Chips & peas
DESSERT	Pancakes & sauce (E)	Tinned fruit & cream (SO)	Jelly with fruit	Banna cake (E)	Ice-cream

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BREAD IS AVAILABLE DAILY PLEASE ORDER

VEGAN MENU

17/04/2023 TO 21/07/23

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese & tomato pizza & beans	Sweet & sour vegetables, rice & veg	Vegan sausage, roast potatoes, veg & gravy (SO)	Vegan balls in tomato sauce, pasta & veg (SO)	Vegetable nuggets, chips & peas
OPTION 2	Crackers, cheese, pickle, butter & a selection of salad (G) (SU, B)	Jacket potato, beans & salad	Cheese & onion quiche, roast potatoes & veg (O, G, SO)	Jacket potato, cheese & salad	Crackers, cheese, pickle, butter & a selection of salad (G) (SU, B)
DESSERT	Pancakes & sauce (g)	Tinned fruit & cream (SO)	Jelly with fruit	Soreen (G, O)	Ice-cream

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Rice & quinoa chicken style burger in a bun (MU, SO) (G, SE)	Bbq meat free chunks, rice & veg (SO)	Vegan sausage, mashed potato, veg & gravy (SO)	Tomato & basil sauce, pasta & veg (G)	Veg nuggets, chips & peas
OPTION 2	Crackers, cheese, pickle, butter & a selection of salad (G) (SU, B)	Jacket potato, beans & salad	Cheese & tomato quiche, roast potatoes & veg (O, G, SO)	Jacket potato, cheese & salad	Crackers, cheese, pickle, butter & a selection of salad (G) (SU, B)
DESSERT	Pancakes & sauce (g)	Tinned fruit & cream (SO)	Jelly with fruit	Carrot cake (G,)	Ice-cream

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Meat free sausage, potato croquettes & beans (su)	Meat free chunk curry (so), rice & veg	Vegan sausage (SO), new potatoes, veg & gravy	Vegan bolognese, pasta & veg (SO)	Veg & bean burger, chips & peas
OPTION 2	Crackers, cheese, pickle, butter & a selection of salad (G) (SU, B)	Jacket potato, beans & salad	cheese quiche, roast potatoes & veg (O, G, SO)	Jacket potato, cheese & salad	Crackers, cheese, pickle, butter & a selection of salad (G) (SU, B)
DESSERT	Pancakes & sauce (g)	Tinned fruit & cream (SO)	Jelly with fruit	Banana soreen (G)	Ice-cream

