

Wellsway School: Zest Menu

February 2022 Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

Week 1 28/2, 21/3, 25/4, 16/5	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Choice All main courses are served with either vegetables or salad and potatoes	Pasta Shapes with Fresh Tomato sauce (DF)(Ve)(HM) Gluten free pasta available Or Shepherdess Pie (HM)(V)(GF)(DF)	Oven Baked Chicken Strips with 'Ketchup' Or Homemade Falafel (Ve) served with 'slaw' (HM)(V)	Honey Roast Gammon (DF)(GF) Or Roast Quorn Fillet (V)(GF)	Italian Style Lasagne with Garlic Bread Or Baked Bean and Cheese Slice (HM)(V)	Battered Fish Fillet Or Birds Eye Green Cuisine Chicken-free dippers x 4 (HM)(V) Gluten free fish available
'Street Food' JACKET POTATOES AVAILABLE DAILY WITH VARIETY OF FILLINGS, ALONGSIDE SANDWICH MEAL DEALS	Southern Style Chicken Burger Pasta King Pot with choice of two sauces	Chicken Burrito Wrap Pasta King Pot with choice of two sauces	Pasta King Pot with choice of two sauces	Ham and Cheese Panini Pasta King Pot with choice of two sauces	Sausage & Chip box Pasta King Pot with choice of two sauces
Dessert of the day	Mixed Fruit Crumble and Custard (HM)(V)	Apple and Cinnamon Streusel Cake (HM)(V)	Blackcurrant Shortbread (HM)(V)	Iced Lemon Slice (V)(HM)	Gypsy Tart (HM)(V)

Week 2 7/3, 28/3, 2/5, 23/5	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Choice All main courses are served with either vegetables or salad and potatoes	Cheese Flan (HM)(V) Or Veggie Mince Bolognaise with Spaghetti (HM)(DF) Gluten free pasta available	Sausage served with Cheesy Onion Mash & Baked Beans Or Homemade Cheese and Tomato Calzone (HM)(V)	Farm Assured Roast Beef (GF)(DF) Yorkshire pudding Or Cauliflower Cheese Bake (HM)(Ve)	Creamy Chicken and Veg Pie Topped with Mashed Potato (GF)(HM) Or Mild Vegetable Curry with rice (HM)(V)(GF)(DF)	Golden MSC Fish-Fingers Or <i>Cheesy Scotch Egg</i> (V) Gluten free fish fingers available
'Street Food' JACKET POTATOES AVAILABLE DAILY WITH VARIETY OF FILLINGS, ALONGSIDE SANDWICH MEAL DEALS	Southern Style Chicken Burger Pasta King Pot with choice of two sauces	Chinese style Chicken Wrap Pasta King Pot with choice of two sauces	Pasta King Pot with choice of two sauces	Ham and Cheese Panini Pasta King Pot with choice of two sauces	Southern Fried Chicken Strips x 2 Chip Box Pasta King Pot with choice of two sauces
Dessert of the day	Chocolate Cake with Chocolate Sauce (HM)(V)	Blueberry and Orange Traybake Pancake (HM)(V)	Lemon Tart (HM)(V)	Jam Sponge with Custard (HM)(V)	Eve's Pudding (HM)(V)

Week 3 14/3, 4/4, 9/5	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Choice All main courses are served with either vegetables or salad and potatoes	Sweet Potato Quesadilla (HM)(DF) Or Classic Macaroni Cheese (V)(HM) Gluten free pasta available	Beef and Vegetable Stew (HM)(GF)(DF) with Dumpling Or Bean & Rice Burrito (DF)(V)(HM)	Farm Assured Roast Chicken (GF)(DF) & Stuffing Or Quorn Sausages x 2 (V)(GF)	'Hot Dog' Pasta Bake (HM) Or Chickpea & Vegetable Bites (HM)(V)(Ve) Gluten free pasta available	MSC Fish Cake Or Golden MSC Fish-Fingers Or <i>Cheesy Croquette</i> (HM)(V)
'Street Food' JACKET POTATOES AVAILABLE DAILY WITH VARIETY OF FILLINGS, ALONGSIDE SANDWICH MEAL DEALS	Southern Style Chicken Burger Pasta King Pot with choice of two sauces	BBQ Chicken Wrap Pasta King Pot with choice of two sauces	Pasta King Pot with choice of two sauces	Ham and Cheese Panini Pasta King Pot with choice of two sauces	Fish Finger Chip Box Pasta King Pot with choice of two sauces
Dessert of the day	Rice Crispie Bar (HM)(V)	Raspberry Ripple Muffin (HM)(V)	Apple Turnover (HM)(V)	Homemade Chocolate Brownie (HM)(V)	Pineapple Upside Down Sponge with Custard (HM)(V)