

# Wellsway School's lunchtime menu by Zest Catering

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

Week 1 12/06 - 04/07	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Traditional Choice</b>  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
	<b>'Street Food'</b> 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
<b>Dessert of the day</b>	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 20/6 - 11/07	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Traditional Choice</b>  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 Cheesy Scotch Egg (V)  Gluten free fish fingers available
	<b>'Street Food'</b> 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

# Wellsway School's lunchtime menu by Zest Catering

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

<b>Dessert of the day</b>	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)
<b>Week 3</b> 06/06 - 27/06 - 18/07	<b>Meat-Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Traditional Choice</b>  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)
<b>'Street Food'</b> JACKET POTATOES AVILABLE 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
<b>Dessert of the day</b>	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)