Chorlton Park Spring/Summer Menus 2016-2017

Week One				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat				
Pepperoni Pizza **gluten, milk**	Mac & Cheese **gluten, milk**	Piri Piri Chicken Drumsticks ****	Turkey, Leek & Tarragon Wholemeal Pie **gluten, milk, eggs**	Selection of Wraps, Sandwiches & Paninis. Sausage Roll **fish, gluten, eggs, milk**
Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal				
Mozzarella, Basil & Tomato Pizza **gluten, milk**	Mac & Cheese **gluten, milk**	Piri Piri Chicken Drumsticks ****	Turkey, Leek & Tarragon Wholemeal Pie **gluten, milk, eggs**	Selection of Wraps, Sandwiches & Paninis. Cheese Roll **gluten, milk, eggs**
Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish …				
Gluten & Lactose Free Cheese & Tomato Pizza	Wholemeal Smoked Cheddar Leek & Shallot Flan ** eggs, milk, gluten **	Vegetable Lasagne Gluten & Lactose Free Mac & Cheese **milk, eggs, gluten**	Mediterranean Veg Platter with Flatbread & Dips **gluten, eggs, milk**	Maaria's Selection of Wraps, Sandwiches & Paninis. Crudités ** gluten, milk, eggs**
Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish …				
Jacket with Cheese & Beans **milk sulphites**	Jacket with Tuna Mayo **fish, eggs**	Selection of Wraps, Sandwiches & Paninis **gluten, fish, eggs **	Jacket with Cheese & Beans **milk sulphites**	Jacket with Tuna Mayo / Cheese **fish, eggs**
Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables …				
Wedges, Green Salad, Sweetcorn **gluten**	Summer Greens, Sautéed Potatoes, Crusty Bread **gluten**	Mixed Veg, Garlic Bread, Green Salad **gluten **	Mash, Peas & Carrots, Gravy **milk, gluten**	Chips & Salad of the Day ****
Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding				
Fresh Fruit Salad ****	Lemon Shortbread **gluten**	Fruit Jelly ****	Reduced Sugar Carrot Cake with Low Fat Frosting **milk, eggs, gluten**	Strawberries & Peaches with Low Fat Cream **milk "
yogurt or fresh fruit are available every day				
All dietary needs catered for. Menu subject to availability.				

Week Two				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat				
Catalan Chicken with Paella Style Rice ****	Minced Beef Lasagne ** milk, gluten **	Summer Deli Counter with Lemon & Thyme Drumsticks	BBQ Spare Ribs ****	Rose's Salmon Fishcakes with Tomato Salsa ** fish, gluten, eggs**
Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal				
Catalan Chicken with Paella Style Rice ****	Minced Beef Lasagne **milk, gluten**	Summer Deli Counter with Lemon & Thyme Drumsticks ****	Lamb Shish Kebabs ****	Rose's Salmon Fishcakes with Tomato Salsa ** fish, gluten, eggs**
Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish …				
Spanish Omelette ** eggs **	Penne Pasta Carbonara **gluten, milk** Gluten/Lactose Free Carbonara	Summer Deli Counter with Cheese Roll **milk, gluten**	Quorn Chilli Burritos **gluten, milk**	Cheese Whirls Fish Tacos **gluten, eggs, milk**
Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish …				
Jacket with Cheese & Beans **milk sulphites**	Jacket with Tuna Mayo / Cheese **milk, eggs, fish**	Selection of Wraps, Sandwiches & Paninis **gluten, fish, eggs, milk**	Jackets with Sweet Chilli Cottage Cheese / Beans **milk**	Jacket with Cheese & Beans **milk sulphites**
Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables …				
Broccoli, Crusty Bread **gluten**	Garlic Bread Green Salad & Summer Greens **gluten**	Roast Herb Potatoes & Salad of the Day	Sweet Potato Wedges Mini Corn on the Cob ****	Chips, Mixed Salad & Peas ****
Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding				
Beetroot & Chocolate Muffin **gluten, milk, eggs**	Fruit Flapjack ****	Sarah's Summer Fruits Eton Mess **eggs, milk**	Frozen Yoghurt **milk**	Rice Krispie Crunch **traces of barley**
yogurt or fresh fruit are available every day				
All dietary needs catered for. Menu subject to availability				

Week Three				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat				
Lana's Bacon, Pea & Crème Fraiche Pasta **gluten, milk **	Lamb Spaghetti Bolognese **gluten**	Sausage, Mash & Beans ** milk**	Lamb Tikka Balti **milk**	Fishwich – Salmon Small Fry in a Bun **gluten, eggs**
Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal				
Basil, Mushrooms & Crème Fraiche Pasta **milk, gluten**	Lamb Spaghetti Bolognese **gluten**	Sausage, Mash & Beans ** milk**	Lamb Tikka Balti **milk**	Fishwich – Salmon Small Fry in a Bun **gluten, eggs**
Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish …				
Gluten & Lactose Free Pasta Roasted Med Veg in a Tomato Sauce with Feta	Quorn Bolognaise **gluten** Gluten Free Pasta Bake	Spring Onion, New Potato & Chive Frittata **eggs**	Butternut Squash, Chickpea & Spinach Curry	Mediterranean Veg Tart **gluten, eggs, milk**
Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish …				
Jacket with Beans & Cheese **milk sulphites**	Jacket with Hoops / Cheese **milk**	Selection of Wraps, Sandwiches & Paninis **gluten, fish, eggs, milk**	Jacket with Tuna Mayo / Cheese **fish**	Jacket with beans and Cheese **milk sulphites**
Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables …				
Baby Carrots & Peas Crusty Bread **gluten**	Spaghetti, Garlic Bread, Mixed Greens **gluten, eggs**	Beans Buttered Bread **gluten**	Rice, Naan Bread, Onion Bhajis, Broccoli **gluten**	Chips, Salsa, Salad ****
Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding				
Lancashire Nut Biscuits **gluten**	Reduced Sugar Chocolate Fudge Cake **gluten, eggs **	Ice Cream ** milk **	Victoria Sandwich **eggs, gluten, milk**	Fresh Fruit Salad ****
yogurt or fresh fruit are available every day				
All dietary needs catered for. Menu subject to availability				

Week Four				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat Dish … Meat				
Cheese 'n' Tomato Pizza **gluten, milk**	Turkey Meatballs in a Rich Tomato Sauce **milk**	BBQ Chicken Drumsticks ****	Salmon Goujons **eggs, gluten**	Chicken Burgers **gluten, eggs**
Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal Dish … Halal				
Cheese 'n' Tomato Pizza **gluten, milk**	Turkey Meatballs in a Rich Tomato Sauce **milk**	BBQ Chicken Drumsticks ****	Salmon Goujons **eggs, gluten**	Lamb Burgers ****
Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish … Vegetarian Dish …				
Gluten & Lactose Free Pizzas	Falafel Meatballs in a Rich Tomato Sauce ****	Cheese & Onion Pie **gluten, milk, eggs**	Chickpea & Vegetable Asian Style Rice ****	Onion Bhaji Burger **gluten**
Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish … Alternative Dish …				
Jacket with Tuna Mayo **fish, eggs**	Jacket with Hoops / Cheese **milk **	Selection of Wraps, Sandwiches & Paninis **gluten, fish, eggs, milk**	Jackets with Sweet Chilli Cottage Cheese / Beans ** milk **	Jacket with Cheese & Beans ** milk sulphites **
Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables … Vegetables …				
Wedges, Sweetcorn, Coleslaw & Salad **gluten, eggs**	Spaghetti, Garlic Bread, Mixed Vegetables **gluten**	New Potatoes, Peas & Sweetcorn, Salad & Crusty Bread	Smiley Faces, Peas, Salad of the Day ****	Chips, Salsa, Mixed Salad ****
Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding … Pudding				
Robert's Summer Fruits Crumble & Custard **gluten, milk**	Apple Pie **gluten**	Homemade Fruit Trifle **milk**	Buttered Fruit Scones with Jam **gluten, milk, eggs**	Pancakes with Summer Berries **gluten, eggs, milk**
yogurt or fresh fruit are available every day				
All dietary needs catered for. Menu subject to availability				