



SUMMER TERM - 2024

Weeks Commencing – 15/4, 6/5, 3/6, 24/6, 15/7

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Based	Greek Meatballs in Sweet Pepper Sauce & Rice (Pork & beef meatballs served in a homemade sweet pepper and tomato sauce, served on a bed of steamed rice) (DF)	Pizza Bar Pepperoni Pizza (Deep crust tray bake, topped with meaty pepperoni, tomato sauce and Italian cheese) Cheese & Tomato Pizza (Deep crust tray bake with tomato sauce and Italian Cheese) (GF/DF/H/V/Vgn)	Roast Chicken (Fresh, local chicken breast, roasted and served with Yorkshire pudding & gravy) (GF/DF without Yorkshire Pudding)	Turkey Mince Bolognaise (Lean & mean turkey mince in a rich tomato sauce with vegetables, served with spaghetti) (DF)	Breaded Fish Fillet (White fish fillet in crispy batter, served with chips and ketchup) (DF/H)
Vegetable/ Plant Based	Plant Mince Chilli & Rice (Healthy plant-based mince in a rich tomato sauce, mildly spiced, red beans, and garlic) (GF/DF/H/V/Vgn)		Braised Plant Fillet (Plant based fillet in a rich gravy, served with Yorkshire Pudding) (GF/DF/ V/Vgn without Yorkshire Pudding/H)	Vegetarian Shepherd's Pie (Veggie mince & mixed vegetables in a rich vegetarian gravy, topped with mash potato) (GF/DF/H/V/Vgn)	Vegetable Nuggets with Ketchup (Chunky vegetable nuggets in served with chips and ketchup) (DF/H/V/Vgn)
Lighter Bites	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)
Vegetables	Broccoli Florets Sweetcorn Kernels	A Diced Sauté Potatoes, Baked Beans, Coleslaw, Assorted Salads	Mashed Potato Savoy Cabbage Baton Carrots	Whole Green Beans Steamed Cauliflower	Garden Peas Sweetcorn
Dessert	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Shortbread Fingers (Homemade buttery biscuit) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Carrot Cake tray bake (Sponge laden with carrots and sultanas with iced topping) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)

Available with dinner – Fresh bread, salad bar, fresh fruit selection, chilled water, fresh milk.

Allergen information is available on the allergen sheets, these will be adjusted should a product make-up be changed or alternative used

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Weeks Commencing – 22/4, 13/5, 10/6, 1/7, 22/7

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Based	Crispy Fish Goujon Roll (White fish in crispy coating served hotdog style with sauté potatoes & ketchup) Diced Sauté Potatoes	Minced Beef Pie & Puff Pastry Lid (Homemade beef mince and vegetable mix topped with golden puff pastry lid, served with gravy)	Roast Chicken (Fresh, local chicken breast, roasted and served with Yorkshire pudding & gravy) (GF/DF without Yorkshire Pudding)	Bangers & Mash (Meaty pork sausage with creamy mashed potatoes and rich gravy)	Breaded Fish Fillet (White fish fillet in crispy batter, served with chips and ketchup) (DF/H)
Vegetable /Plant Based	Mac & Vegan Cheese Bake (Tender pasta, a creamy sauce, topped with vegan cheese and baked until golden brown) (GF/DF/H/V/Vgn)	Vegan Swedish Meatballs (Veggie meatballs in a rich gravy, Swedish style) (GF/DF/H/V/Vgn)	Braised Plant Fillet (Plant based fillet in a rich gravy, served with Yorkshire Pudding) (GF/DF/ V/Vgn without Yorkshire Pudding/H)	Vegetable Lasagne (Pasta twists, homemade tomato sauce, oregano and vegan melting cheese) (GF/DF/H/V/Vgn)	Vegetable Nuggets with Ketchup (Chunky vegetable nuggets in served with chips and ketchup) (DF/H/V/Vgn)
Lighter Bites	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)
Vegetables	Broccoli Florets Sweetcorn Kernels	New Potatoes, Garden Peas Sliced Carrots	Boiled Potatoes Savoy Cabbage Baton Carrots	Whole Green Beans Steamed Cauliflower	Garden Peas Sweetcorn
Dessert	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Banana Cake Tray Bake (Moist, fruity banana tray bake) Fresh Fruit Basket (Choice of fruit from our counter) (GF/DF/H/V/Vgn)	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Mini Jam Doughnuts (Min baked doughnuts with fruity jam filling, dusted with icing sugar) Fresh Fruit Basket (Choice of fruit from our counter) (GF/DF/H/V/Vgn)	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)

Available with dinner – Fresh bread, salad bar, fresh fruit selection, chilled water, fresh milk.

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Weeks Commencing – 29/4, 20/5, 17/6, 8/7

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Based	BBQ Meatball Sub & Wedges (Mini pork & beef meatballs in tangy BBQ sauce, in soft white sub roll, with potato wedges)	Ham Carbonara & Penne Pasta (Classic ham, cheese, and spinach combination, served with penne pasta)	Roast Chicken (Fresh, local chicken breast, roasted and served with Yorkshire pudding & gravy) (GF/DF without Yorkshire Pudding)	Beef Lasagne (Layered pasta sheets filled with beef mince in tomato, herb & garlic sauce, topped with cheese)	Breaded Fish Fillet (White fish fillet in crispy batter, served with chips and ketchup) (DF/H)
Vegetable /Plant Based	Veggie Hotdog & Diced Sauté Potatoes (Veggie take on a classic American hotdog) (GF/DF/H/V/Vgn)	Plant Chunk & Bean Burrito (Street food combo of mild spiced veg, beans & sauce wrapped in a floury tortilla) (GF/DF/H/V/Vgn)	Braised Plant Fillet (Plant based fillet in a rich gravy, served with Yorkshire Pudding) (GF/DF/ V/Vgn without Yorkshire Pudding/H)	Tandoori Chunks & Rice (Plant chunks marinated in mild Tandoori spices, served with basmati rice) (GF/DF/H/V/Vgn)	Vegetable Nuggets with Ketchup (Chunky vegetable nuggets in served with chips and ketchup) (DF/H/V/Vgn)
Lighter Bites	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)	Baked Potato with Cheese & Beans (Crispy, tender potato, with baked beans & grated cheese) (GF/DF/H/V/Vgn)
Vegetables	Garden Peas Baton Carrots	Whole Green Beans Sweetcorn	Roast Potatoes Savoy Cabbage Baton Carrots	Baton Carrots Roast Cauliflower	Garden Peas Sweetcorn
Dessert	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Rice Pudding & Jam (Creamy hot rice pudding with a dollop of jam) Fresh Fruit Basket (Choice of fruit from our counter) (GF/DF/H/V/Vgn)	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)	Cocoa Crunch (Crispy cereal and coconut traybake) Fresh Fruit Basket (Choice of fruit from our counter) (GF/DF/H/V/Vgn)	Fruity Yoghurts (Creamy, dreamy, thick, and fruity, low sugar and fat) Fresh Fruit Basket (Fresh fruit selection) (GF/DF/H/V/Vgn)

Available with dinner – Fresh bread, salad bar, fresh fruit selection, chilled water, fresh milk.

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THE HARMONY TRUST
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SUMMER TERM - 2024

After School Club Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Asstd sandwiches of cheese, ham, or jam Salad chunks of carrot, cucumber, and cherry tomatoes Fresh Fruit Yoghurts Water (Contains Wheat gluten, Sulphites, milk, egg) (GF/DF/H/V/Vgn)	Assorted tortilla wraps of cheese, ham, or tuna mayo Salad chunks of carrot, cucumber, and cherry tomatoes Fresh Fruit Packet Biscuits Water (Contains Wheat gluten, Sulphites, milk, egg) (GF/DF/H/V/Vgn)	Asstd croissants of cheese, ham, or jam Salad chunks of carrot, cucumber, and cherry tomatoes Fresh Fruit Jelly Pots Water (Contains Wheat gluten, Sulphites, milk, egg) (GF/DF/H/V/Vgn)	Asstd sandwiches of cheese, ham, or jam Salad chunks of carrot, cucumber, and cherry tomatoes Fresh Fruit Yoghurts Water (Contains Wheat gluten, Sulphites, milk, egg) (GF/DF/H/V/Vgn)	Assorted tortilla wraps of cheese, ham, or tuna mayo Salad chunks of carrot, cucumber, and cherry tomatoes Fresh Fruit Packet Biscuits Water (Contains Wheat gluten, Sulphites, milk, egg) (GF/DF/H/V/Vgn)

Allergen information shown for dishes on the menu, these will be adjusted should a product make-up be changed or alternative used

IMPORTANT INFORMATION

MEDICAL, RELIGIOUS & ALLERGIC DIET INFORMATION to

If your child has a food allergy or intolerance, please complete the allergen paperwork with the school office. This is ensure that the academy and the kitchen have the correct information to support your child.

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Our kitchen staff use a variety of ingredients to accommodate a variety of different meals but due to the nature of the kitchen environment we cannot guarantee none cross contamination, see menu allergen sheet for allergen info