

# FREE

for every Gastronomer in Reception and Years 1 and 2! (worth £460 per school year)

OR

# ONLY £2.60



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudites or salad bar every day

# Food. Health. Earth.

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## WEEK 1

Week starting: 18 Apr  
9 May | 6 June | 27 June  
18 July | 12 Sept | 3 Oct

**MONDAY** Saccottini pomodoro in tomato & basil sauce (little pasta sacks filled with mozzarella, tomatoes & basil) with garlic dough balls & peas

Veggie bolognese with penne pasta & sweetcorn

**DESSERT:** Cheese & biscuits

**TUESDAY** Pork & apple grill with creamed potato & broccoli florets

Home-made squashage roll with creamed potato & baked beans

**DESSERT:** Peach & carrot muffin with crème fraiche\*

**WEDNESDAY** Roast British chicken with sage & onion stuffing, roast potatoes, spring cabbage & gravy

Quorn fillet with sage & onion stuffing, roast potatoes, baton carrots & gravy

**DESSERT:** Yoghurt selection

**THURSDAY** Ham & cheese pasta bake with sweetcorn & wholegrain bread

Pizza swirls with spicy potato wedges & chef's salad

**DESSERT:** Fruity flapjack with a fresh apple wedge\*

**FRIDAY** Breaded 'Flipper Dippers' with oven chips & peas

Vegetable quesadilla with oven chips & vegetable medley

**DESSERT:** Chocolate ice cream roll

## WEEK 2

Week starting: 25 April  
16 May | 13 June | 4 July  
29 Aug | 19 Sept | 10 Oct

**MONDAY** Loaded cheese & tomato pizza with oven baked potato wedges & home-made slaw

Margherita mac & cheese with oven baked potato wedges & vegetable medley

**DESSERT:** Chilled Melon Slice

**TUESDAY** Chicken & butternut squash curry with wholegrain rice & broccoli florets

Creamy Quorn korma with wholegrain rice & sweetcorn

**DESSERT:** Yoghurt selection

**WEDNESDAY** Roast British beef with roast potatoes, cauliflower florets & gravy

Glamorgan sausage with roast potatoes, carrot roundels & gravy

**DESSERT:** Cheese & biscuits with fresh apple slices\*

**THURSDAY** BBQ Lincolnshire sausages with crispy herb potatoes & baked beans

Home-made Quorn sausage & tomato roll with crispy herb potatoes & green beans

**DESSERT:** Strawberry mousse

**FRIDAY** Pollock or salmon fish finger wrap with oven chips & chef's salad

Vegetable fingers with oven chips & crushed peas

**DESSERT:** Vanilla ice cream

## WEEK 3

Week starting: 2 May  
23 May | 20 June | 11 July  
5 Sept | 26 Sept | 17 Oct

**MONDAY** Vegan sausage roll with crispy herb potatoes & green beans

Chilli non carne filled jacket potato with carrot roundels

**DESSERT:** Yoghurt selection

**TUESDAY** Beef burger in a bun with sweet potato wedges & chef's salad

Country vegetable burger in a bun with sweet potato wedges & salad bar

**DESSERT:** Banana muffin with crème fraiche\*

**WEDNESDAY** Roast British gammon with roast potatoes, broccoli florets & gravy

Home-made Quorn lattice slice with roast potatoes, baton carrots & gravy

**DESSERT:** Chilled melon slice\*

**THURSDAY** Chicken & thyme meatballs in a tomato sauce with pitta bread, couscous & sweetcorn

Mediterranean pasta bake with chef's salad

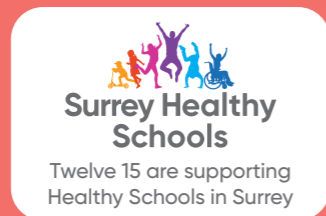
**DESSERT:** Cheese & biscuits

**FRIDAY** Breaded fish fillet with hash browns & peas

Veggie brunch - mini omelette, hash brown, veggie sausage, baked beans

**DESSERT:** Home-made chocolate & beetroot brownie with crème fraiche

Suitable for Vegetarians.  
\*Desserts highlighted with an asterix contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



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