

Lyngford Park Summer Term Menu 2025

Week 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1. Chicken Tikka Masala Naan Bread (GLUTEN -WHEAT), Wholegrain Rice, Green Beans. | 1. Beef Lasagne (GLUTEN,WHEAT,EGG, MILK) Crusty Bread (GLUTEN,WHEAT) & Peas | 1. Roast Chicken, Mashed Potatoes, Seasonal Vegetables & Gravy. | 1. All Day Breakfast Pork Sausage (GLUTEN, WHEAT, SULPHITES), Hash Brown, Baked Beans, Roasted Tomato & Bread (GLUTEN,WHEAT, RYE, OATS, BARLEY) | 1. Salmon Fish Cake (GLUTEN,WHEAT), Chips, Peas & Ketchup. |
| 2. Ham Salad Sandwich((GLUTEN-WHEAT, RYE, BARLEY, OATS), Nachos and Raisins | 2. Jacket Potato, Baked Beans & Mixed Salad | 2. Jacket Potato, Baked Beans & Mixed Salad | 2. Jacket Potato, Baked Beans, Cheese (MILK) & Mixed Salad | 2. Cheese Ploughman's Cheddar Cheese (MILK) Boiled Egg (EGG), Crusty Bread (GLUTEN, WHEAT), Tomato Chutney (MUSTARD) & Mixed Salad. |
| V. Sweet Potato and Red Pepper Tikka Masala, Naan Bread (GLUTEN-WHEAT), Wholegrain Rice and Green Beans. | V. Quorn mince lasagne(GLUTEN-WHEAT, EGG, MILK),Crusty Bread(GLUTEN,WHEAT) & Peas. | V. Quorn mince lasagne(GLUTEN-WHEAT, EGG, MILK),Crusty Bread(GLUTEN,WHEAT) & Peas. | V. Vegan All Day Breakfast Quorn Vegan Sausage (GLUTEN, WHEAT), Hash Brown, Baked Beans, Roasted Tomato & Bread (GLUTEN, WHEAT, RYE, BARLEY, OATS) | V. Vegan Fishless Fingers (WHEAT, SOYA), Chips, Peas and Ketchup. |
| A. Ice Cream Pot (MILK) | A. Chocolate Cornflake Cake (GLUTEN-, WHEAT, RYE, OATS, BARLEY) with Orange Slices | A. Chocolate Cornflake Cake (GLUTEN-, WHEAT, RYE, OATS, BARLEY) with Orange Slices | A. Fruit Jelly | A. Crunchy Vanilla Cookie (GLUTEN, WHEAT) & Fruit Slice |
| B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit |

Week 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| 1. Sweet and Sour Chicken& Rice Noodles & Broccoli | 1. Mild Beef Chilli, Wholegrain Rice & Green Beans. | 1. Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy. | 1. Pork Sausage (GLUTEN, WHEAT, SULPHITES), Potato Croquettes (GLUTEN, WHEAT) & Baked Beans. | 1.Breaded White Fish (GLUTEN-WHEAT, BARLEY, FISH), Chips, Peas & Ketchup. |
| 2. Jacket Potato, Cheese (MILK) & Mixed Salad. | 2. Tuna Mayo Brown Bread Sandwich (GLUTEN - WHEAT, OATS, BARLEY, RYE, FISH), Nachos & Raisins. | 2. Jacket Potato, Baked Beans & Mixed Salad. | 2. Cucumber and Red Pepper Pesto Pasta (GLUTEN,WHEAT) served with Crusty Bread (GLUTEN,WHEAT) | 2.Ham and Egg Salad, Gammon Ham, Boiled Egg (EGG), Potato Salad, Mixed Salad and Crackers (GLUTEN-WHEAT) |
| V. Sweet and Sour Vegan Quorn (GLUTEN - WHEAT) Rice Noodles & Broccoli | V. Mild Vegan Chilli (EGG), Wholegrain Rice & Green Beans | V. Cauliflower Cheese, (GLUTEN, WHEAT, MILK), Roast Potatoes, Seasonal Vegetables & Gravy. | V. Quorn Vegan Sausage (GLUTEN,WHEAT), Potato Croquettes (GLUTEN, WHEAT) & Baked Beans. | V. Plant based Wings (SOYA,WHEAT), Chips, Peas & Ketchup. |
| A. Frozen Fruity Mousse (MILK) | A. Apple Crumble (GLUTEN,WHEAT, OATS, BARLEY) & Cream [MILK) | A.Chocolate and Beetroot Brownie (GLUTEN, WHEAT, EGG) | A.Peach Melba Waffle (GLUTEN-WHEAT, MILK, EGG, SOYA) | A. Cherry Shortbread (GLUTEN, WHEAT, SULPHITIES) |
| B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit |

Week 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1. Chicken Burger (GLUTEN -WHEAT), Sauteed Potatoes & Cucumber Sticks. | 1.Pork Meatballs (GLUTEN -WHEAT), Wholewheat Fusilli Pasta (GLUTEN-WHEAT) & Peas. | 1. Roast Gammon, New Potatoes, Seasonal Vegetables & Gravy. | 1. Roast Gammon, New Potatoes, Seasonal Vegetables & Gravy. | 1. Cod Fish Fingers (GLUTEN,WHEAT, FISH), Chips, Baked Beans & Ketchup. |
| 2. Cheese and Cucumber Wrap (GLUTEN - WHEAT, MILK), Nachos & Raisins. | 2.Coronation Chicken and lettuce wrap (GLUTEN, WHEAT) with & Raisins nachos (SOYA) | 2. Jacket Potato, Baked Beans and Mixed Salad. | 2. Jacket Potato, Baked Beans and Mixed Salad. | 2. Jacket Potato, Cheese (MILK), Baked Beans & Salad. |
| V Vegan Burger (Quorn Vegan Buttermilk Style) (GLUTEN ,WHEAT)Saute Potatoes and Cucumber Sticks. | V. Meatless Meatballs (SOYA) Wholewheat Fusilli Pasta (GLUTEN-WHEAT) & Peas. | V. Vegan Quorn Fillet (GLUTEN, WHEAT) New Potatoes, Seasonal Vegetables & Gravy. | V. Vegan Quorn Fillet (GLUTEN, WHEAT) New Potatoes, Seasonal Vegetables & Gravy. | V. Vegan Quorn Dippers (GLUTEN - WHEAT), Chips, Baked Beans & Ketchup. |
| A. Frozen Raspberry Yogurt (MILK) | A. Angel Delight (MILK) with Fruit Slices | A. Blueberry Cupcakes (GLUTEN, WHEAT, EGGS) | A. Chocolate and Banana Cake (GLUTEN ,WHEAT, EGGS) | A. Apple Flapjack (GLUTEN, WHEAT, OATS, BARLEY) |
| B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit | B. Fresh Fruit |