

EAT SMART

BRADFIELD SCHOOL
SPRING SUMMER 2023
WEEK ONE

GREEN EARTH MONDAY

Mac 'n' Cheese Topped with Garlic Mushrooms & Crispy Onions
Quorn Meatball & Tomato Burrito
Wedges, Sweetcorn, Carrots, Baked Beans & Mixed Garden Salad

TUESDAY

Chicken Balti Curry with Wholegrain Rice, Naan & Onion Salad
Sweet Potato & Chickpea Balti Curry with Rice, Naan & Onion Salad*
Indian Roasted Vegetable & Chickpea Folded Naan
Steamed Rice, Bombay Potatoes, Baked Beans & Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments
Roasted Vegetable & Lentil Loaf*
Pizza Dog
Roast Potatoes, Carrots & Cauliflower, Baked Beans & Mixed Garden Salad

THURSDAY

Mexican Style Chilli Lasagne (Tortilla)
Mexican Style Vegetable & Bean Lasagne (Tortilla)
BBQ Chicken & Rice
Herby Diced Potatoes, Green Beans, Baked Beans & Mixed Garden Salad

FRIDAY

Battered Sustainably Sourced Fish with Chips
Margherita Pizza
Chipped Potatoes, Mushy Peas, Baked Beans & Mixed Garden Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks & Various Filled Sandwiches
*Vegan Option Available

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BRADFIELD SCHOOL
SPRING SUMMER 2023
WEEK TWO

GREEN EARTH MONDAY

Spicy Veggie Keema Curry with Rice & Mini Naan*
Sweet Potato Falafel, Flat Bread, Salad & Tomato Salsa*
Peas, Roasted Cumin Carrots, Baked Beans & Mixed Garden Salad

TUESDAY

Bangers & Mash with Onion Gravy
Veggie Bangers & Mash with Onion Gravy*
Pad Thai Chicken with Garlic Green Beans
Mashed Potato, Green Beans, Sweetcorn, Baked Beans & Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments or Hot Filled Baguette
Roasted Mediterranean Vegetables en Croute
Salmon, Tuna & Sweetcorn Pasta in a Creamy Sauce
Roast Potatoes, Carrots, Green Cabbage, Baked Beans & Mixed Garden Salad

THURSDAY

Firecracker Chicken Topped Mac 'n' Cheese
Creole Vegetable Topped Mac 'n' Cheese
Jamaican Curried Pork with Rice & Peas
Sweetcorn, Garlic Green Beans, Baked Beans & Mixed Garden Salad

FRIDAY

Battered Sustainably Sourced Fish with Chips
Squash, Feta, Pea & Mint Frittata
Chipped Potatoes, Mushy Peas, Baked Beans & Mixed Garden

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks & Various Filled Sandwiches

*Vegan Option Available

EAT SMART

BRADFIELD SCHOOL
SPRING SUMMER 2023
WEEK THREE

GREEN EARTH MONDAY

Cauliflower Cheese Pasta Bake
Quorn Cheese Burger with Burger Sauce*
Sweetcorn & Peppers, Baked Beans & Mixed Garden Salad

TUESDAY

Chicken Tikka Masala, Naan & Onion Salad
Lentil & Vegetable Tikka Masala, Naan & Onion Salad*
Korean sticky Chicken & Noodles
Steamed Rice, Green Beans, Baked Beans & Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments
Chickpea Masala Wrap*
Cheese & Onion Quiche
Roast Potatoes, Carrots, Broccoli, Baked Beans & Mixed Garden Salad

THURSDAY

Deep South Chicken Jambalaya
Southern Fried Spiced Plant Loaf with Ketchup Glaze*
Pesto Pasta
Spiced Diced Potatoes, Carrots, Cauliflower, Baked Beans & Mixed Garden Salad

FRIDAY

Battered Sustainably Sourced Fish with Chips
Mediterranean Vegetable Pizza Slice
Chipped Potatoes, Garden Peas, Baked Beans & Mixed Garden Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks & Various Filled Sandwiches

*Vegan Option Available