## Food to excite Ventrus Catering for your children's education

## Spring Term Menu 2021

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money.

We can assure you that our ingredients are responsibly, and where possible locally sourced.

No ifs, no buts, our menu ingredients are all freshly prepared at your school.

Our vision is to provide amazing and nutritious food where we take fresh raw ingredients and create healthy meals.

The results speak for themselves; access to hearty, wholesome and healthy food every school day.

Please be assured that we will return to the normal menu and dining service as soon as guidelines allow

we will be constantly monitoring and changing the menus accordingly.

We hope it won't be too long before your child can have full access to the wider healthy nutritional menu we would normally provide along with the wonderful 'help yourself' salad bar.

## Week 1 Feb 22nd, Mar 8th, 22nd

Monday	Tuesday	Wednesday	Thursday	Friday
M – Chicken pasta bake with focaccia bread and sweetcorn	M – Brunch grill, sausage bacon, beans and sauté potatoes	M – Roast chicken, potatoes and 2 fresh vegetables with gravy	M – Minced beef Pie with crispy round pota- toes and cabbage	<ul> <li>M – Breaded fish with</li> <li>French fries and peas</li> </ul>
V – Winter vegetable frittata with wedges and diced carrot	V- Macaroni Cheese with focaccia bread and sweetcorn	V – Cheesy leek and potato gratin 2 fresh vegetables	V – Roasted vegetable bolognaise with pasta and cabbage	<ul> <li>V – Quorn nuggets with</li> <li>French fries and peas</li> </ul>
JP – Cheese/beans/tuna	<b>JP</b> – Cheese/beans/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna	<b>JP</b> – Cheese/beans/tuna
<b>D</b> – Fresh fruit	<b>D</b> – Oat Cookie	<b>D</b> – Fruit smoothie	<b>D</b> – St Clements cake	<b>D</b> – Chocolate sponge

## Week 2 Mar 1st, 15th, 29th

Monday	Tuesday	Wednesday	Thursday	Friday
<b>M</b> – Ham carbonara with pasta and sweetcorn	<ul> <li>M – Cottage pie</li> <li>With carrots and peas</li> </ul>	M – Roast chicken, potatoes and 2 fresh vegetables with gravy	M – Sausage, Mash, cabbage and gravy	M – Chicken nuggets with French fries and peas
V – Quorn chilli cups wedges and sweetcorn	V- Focaccia bread pizza with crispy round pota- toes, carrots and peas	V- 3 cheese, Cauliflower and broccoli bake with potatoes and 2 fresh vegetables	<ul> <li>V – Vegetable lasagne</li> <li>with courgette pasta,</li> <li>garlic focaccia bread</li> <li>and mixed salad</li> </ul>	<b>V</b> –Quorn hotdog with French fries and peas
JP – Cheese/beans/tuna	JP - Cheese/beans/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna
<b>D</b> – Fresh fruit	<b>D</b> – Banana & raspberry cake	<b>D</b> – Fruit smoothie	<b>D</b> – Apple cake	<b>D</b> – Rice Krispy cake

Yoghurts and fresh fruit will be available daily

Gluten free menu available on request