

Captain Carrot and Colonel Cucumber's Awesome School Menu

August 2021 – July 2022



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat		Sticky spicy Quorn Rice	Tandoori chicken Chilli roast potatoes		Fish Friday Chips
Vegetarian				Cheese pizza with peppers & sweetcorn Jacket potato	Cheese & vegetable bake Chips
Deli-option	Chicken or Quorn sausage hot dog with coleslaw and side salad				
Dessert	Coconut Cookie	Chocolate Krispie	Fresh fruit & yogurt selection or Fresh fruit with yogurt & granola topping	Ice cream	Jelly with fruit or Cornflake tart & custard

Week commencing: 23rd Aug, 13th Sept, 4th Oct, 1st Nov, 22nd Nov, 13th Dec 2021
17th Jan, 7th Feb, 7th Mar, 28th Mar, 2nd May, 23rd May, 20th Jun 2022



For all allergens please ask a member of catering staff

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Lamb burger served in bread bun	Tandoori Chicken Chilli roast potatoes	Chicken curry Rice		Fish Friday Chips
Vegetarian	Quorn burger served in bread bun	Paneer & sweetcorn curry Rice & chapatti	Cheese & potato pie Malted baguette	Mixed dhal Rice & naan bread	
Sides/Served with	Baked beans	Carrots	Baked beans Broccoli	Sweetcorn Mixed salad	
Dessert	Chocolate biscuit	Cherry & coconut flapjack		Ice cream	Chocolate tart

Week commencing: 30th Aug, 20th Sept, 11th Oct, 8th Nov, 29th Nov 2021
3rd Jan, 24th Jan, 21st Feb, 14th Mar, 4th Apr, 9th May, 6th Jun, 27th Jun 2022



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Lamb pilau Malted baguette	Chicken tikka masala Rice & naan bread		Cheese & pepper flan or cheese flan Jacket potato	Fish Friday Chips
Meat (Non Halal)			Roast chicken Roast potatoes		
Vegetarian	Quorn meatballs in a fresh tomato sauce Pasta	Butternut squash, chickpea & spinach curry Brown & white rice	Kichadi & Khadi Potato Curry		
Sides/Served with	Mixed Vegetables	Sweetcorn			
Deli-option			French bread pizza served with side salad		
Dessert	Cheese & biscuits or Pear & chocolate sponge served with chocolate sauce	Fruit muffin	Cherry shortbread	Fresh fruit & yogurt selection or Fresh fruit with yogurt & granola topping	Ice cream

Week commencing: 6th Sept, 27th Sept, 25th Oct, 15th Nov, 6th Dec 2021
10th Jan, 31st Jan, 28th Feb, 21st Mar, 25th Apr, 16th May, 13th Jun, 4th Jul 2022



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