

The Coastal Federation Summer Menu 2021

Bacton Primary, Mundesley Infant, SRB and Junior Schools

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
21 June 12 July	<p>Option 1 Chicken lettuce & mayo wrap with wedges</p> <p>Option 2 Cheesy vegetable crumble with wedges</p> <p>Cherry bun (DF)</p> <p>Egg, dairy, wheat</p>	<p>Option 1 Cheese & Tomato pizza, half a jacket potato & baked beans</p> <p>Apple Sponge (DF) & custard</p> <p>Egg, dairy, wheat</p>	<p>Option 1 Sausage meat pie, chips & spaghetti hoops</p> <p>Option 2 Vegetable nuggets, chips & Spaghetti hoops</p> <p>Jelly & icecream</p> <p>Egg, dairy, wheat, sulphate</p>	<p>Option 1 Turkey meatloaf roast potatoes, yorkshire pudding, seasonal vegetables</p> <p>Option 2 Roast Quorn fillet, roast potatoes, seasonal vegetables & yorkshire pudding</p> <p>Chocolate oatie (DF)</p> <p>Wheat,dairy,sulphate, egg</p>	<p>Option 1 Salmon and white fish pie, smiley faces & sweetcorn</p> <p>Option 2 Quorn sausage, smiley faces & sweetcorn</p> <p>Banana mousse</p> <p>fish,wheat,dairy, sulphate, egg</p>
7 June 28 June 19 July	<p>Option 1 Pasta bolognese & garlic bread</p> <p>Option 2 Quorn bolognese & garlic bread</p> <p>Strawberry cake</p> <p>Wheat,dairy,egg</p>	<p>Option 1 Jacket potato with cheese ham & coleslaw</p> <p>Option 2 Jacket potato with cheese beans & coleslaw</p> <p>Banana flapjack (DF)</p> <p>dairy</p>	<p>Option 1 Sausage & bean casserole with potato waffle & peas</p> <p>Option 2 Macaroni cheese with potato waffle & peas</p> <p>Arctic roll</p> <p>Wheat,dairy,egg</p>	<p>Option 1 Roast pork roast potatoes seasonal vegetables & yorkshire pudding</p> <p>Option 2 Quorn fillet roast potatoes, seasonal vegetables & yorkshire pudding</p> <p>Yoghurt Cake</p> <p>wheat,dairy,sulphate,egg</p>	<p>Option 1 Smoked haddock fishcake chips & peas</p> <p>Option 2 Quorn sausage chips & peas</p> <p>Strawberry Angel Delight</p> <p>Egg,wheat,dairy,fish, sulphate</p>
14 June 5 July	<p>Option 1 Ham & cheese carbonara garlic bread & peas</p> <p>Option 2 Cheesy pasta bake garlic bread & peas</p> <p>Chocolate pudding (DF) & chocolate sauce</p> <p>Wheat,dairy,egg</p>	<p>Option 1 Thai chicken curry rice & prawn crackers</p> <p>Option 2 Thai vegetable curry rice & prawn crackers</p> <p>Cherry Shortbread</p> <p>Wheat,dairy,sulphate</p>	<p>Option 1 Sausage meatballs with tomato pasta & peas</p> <p>Option 2 Vegetable nuggets with tomato pasta & peas</p> <p>Mandarin jelly (DF)</p> <p>Wheat,dairy,sulphate,egg</p>	<p>Option 1 Roast chicken, roast potatoes, Seasonal vegetables & yorkshire pudding</p> <p>Option 2 Roast Quorn fillet, roast potatoes, mixed vegetables & yorkshire pudding</p> <p>Yoghurt</p> <p>Wheat,dairy,sulphate, egg</p>	<p>Option 1 Fish fingers chips & peas</p> <p>Option 2 Quorn nuggets chip & peas</p> <p>Iced bun (DF)</p> <p>Egg wheat,dairy,fish, sulphate</p>

We use fresh local ingredients wherever possible with menu choices designed to provide a healthy balanced meal each day

We provide the following daily:

Vegetable crudites

Fresh fruit as well as a dessert

Fresh homemade bread

Meat is sourced from our local butcher

***Snack packs* are available every day made with a choice of ham, cheese, or tuna roll.**

Also included is a piece of homemade cake, cheese portion, fruit and yoghurt.

Allergens~ you MUST inform the school of ANY allergies your child has

The school is a NUT FREE zone

1. Wheat	2. Milk	3. Soya	4. Egg	5. Seafood	6. Sesame Seeds	7. Sulphates	8. Mustard
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