

(Week 1) Community Kids menu

From 17/04/2023-13/10/2023

At Sexeys, where possible, we use the finest local produce, using suppliers based within a 20-mile radius. Our Chefs pride themselves on cooking fresh daily produce to create delicious meals for our students. We strive to create a balanced diet and incorporate **Gluten Free, Dairy free, Vegetarian**, and **Vegan** Meals as standard.



| Meal | | Main | Vegetarian/Alternative s | Sides/Alternatives |
|------------------------------|---------------------------------|--|-------------------------------|--|
| Mon | lunch | Spaghetti bolognaise Or Jacket potato with Spaghetti hoops (G) cheese (M) | Macaroni cheese (G)(M) | Spaghetti (G) Garlic bread (G)(S)(M) Salad |
| | Dessert | Ice lolly's (M)(S)(G) | Yogurt (M) no bits | Satsuma or apple |
| Tues | Lunch | Hoisin shredded beef (S)(SE)(G) Or Jacket potato with bolognaise and parmesan (M) | Vegetarian curry (M) | Rice Naan bread (G)(M) Assorted chutneys (MUS)(SE) |
| | Dessert | Fruit jelly | Yogurt (M) no bits | Pear or banana |
| Weds | Lunch | Sausages of the day (G) Or Jacket potato with cheese (M) and ham | Vegetarian sausages (S) | Potato mash (M) Roasted vegetables Jus (SD) |
| | Dessert | Marble cake with buttercream (G)(M)(E) | Yogurt (M) no bits | Apple or banana |
| Thurs | Lunch | Chilli con carne (Mild) Or Jacket potato with tuna mayonnaise (E)(F)(M) or cheese (M) | Vegetable con carne | Roasted vegetables Braised rice Tacos (G) |
| | Dessert | Strawberry fool (M) | Yogurt (M) no bits | Satsuma or pear |
| Fri | Lunch | Chicken nuggets (G)(C) Or Jacket potato with Baked beans and Cheese (M) | Vegetable nuggets (G)(MUS)(S) | Waffle fries Crushed peas |
| | Dessert | Fresh Fruit platter | Yogurt (M) no bits | Fruit platter contains Melon, Grapes, Pineapple |
| N Contains Nuts | SD Sulphur Dioxide | P Peanuts | E Eggs | |
| M Milk | CR Crustaceans | MOL Molluscs | MUS Mustard | |
| S Soybeans | C Celery | L Lupin | F Fish | |
| SE Sesame Seeds | G gluten | | | |

(Week 2) Community Kids menu

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| Meal | | Main | Vegetarian/Alternative s | Sides/Alternatives |
|------------------------------|---------------------------------|--|--|--|
| Mon | lunch | Chicken breast Or Jacket potato with cheese(M) and beans | Vegetable schnitzel fillet (G)(S)(MUS)(SD) | Garlic and herb roasted new potatoes Summer seasonal vegetables Chicken Jus (G)(M)(SD) |
| | Dessert | Ice creams (G)(M)(S) | Yogurt (M) no bits | Banana or Pear |
| Tues | Lunch | Sausages of the day (G) Or Jacket potato with Tuna mayonnaise (F)(M)(E) or cheese (M) | Vegetable Cumberland sausages (G) | Cheesy mash potato (M) Seasonal Vegetables Gravy |
| | Dessert | Angel delight (M) | Yogurts (M) no bits | Satsuma or apple |
| Weds | Lunch | Margherita or pepperoni pizza (G)(M) Or Jacket potato with Bolognese and cheese(M) | Sweetcorn and red onion topped pizza (G)(M) | Assorted pasta Salads (G)(E) Coleslaw (E) Assorted salads |
| | Dessert | Lemon crunch cake (G)(M)(E) | Yogurt (M) no bits | Banana or apple |
| Thurs | Lunch | Pepperoni pasta bake(G) Or Jacket potato with spaghetti hoops(G)(E) cheese (M) | Vegetable Pasta Bake (G) | Garlic bread (G)(M)(S) Mixed salads |
| | Dessert | Peaches and cream (M) | Yogurts (M) no bits | Satsuma or pear |
| Fri | Lunch | Chicken burger (G) Or Jacket potato with cheese(M) or Ham | Vegetable burger (G)(S) | Chips Sweetcorn Peas |
| | Dessert | Fresh fruit salad | Yogurt (M) no bits | Fruit salad contains orange and apple juice Melon, Pineapple, Grapes |
| N Contains Nuts | SD Sulphur Dioxide | P Peanuts | E Eggs | |
| M Milk | CR Crustaceans | MOL Molluscs | MUS Mustard | |
| S Soybeans | C Celery | L Lupin | F Fish | |
| SE Sesame Seeds | G gluten | | | |

(Week 3) Community Kids menu



From 17/04/2023-13/10/2023

At Sexeys, where possible, we use the finest local produce, using suppliers based within a 20-mile radius. Our Chefs pride themselves on cooking fresh daily produce to create delicious meals for our students. We strive to create a balanced diet and incorporate **Gluten Free, dairy free, Vegetarian** and **vegan** Meals as standard.

| Meal | | Main | Vegetarian/Alternative s | Sides/Alternatives |
|------------------------------|---------------------------------|--|---|--|
| Mon | lunch | Italian beef meatballs (G) Or Jacket potato with tuna mayonnaise (E)(F)(M) or cheese (M) | Italian falafel meatballs (G)(S) | Wholewheat pasta (G) Garlic bread (G)(S)(M) Summer salad |
| | Dessert | Choc ices (M)(S) | Yogurt(M) no bits | Banana or apple |
| Tues | Lunch | Sweet and sour crispy chicken (G)(C) or Jacket potato Baked beans and cheese (M) | Vegetable spring rolls (G)(S)(SE)(C)(MUS) | Noodles(G)(E) Prawn crackers (CR)(SD) Stir fry vegetables (S) |
| | Dessert | Summer fruit medley | Yogurt (M) no bits | Satsuma or pear |
| Weds | Lunch | Ploughman's lunch chicken Or Jacket potato with spaghetti hoops(G)(E) cheese (M) | Cracker selection (G) Cheese selection (M) Grapes Babybel/Dairylea (M) | Buttered parsley new potatoes (M) Assorted pasta Salads (G)(E)(M) |
| | Dessert | Victoria sandwich (G)(M)(E) | Yogurt(M) no bits | Apple or pear |
| Thurs | Lunch | Breaded plaice (F)(G) Or Jacket potato with Cheese (M) and Ham | Hunters Quorn fillet (G) | Crushed new potatoes (M) Seasonal vegetables |
| | Dessert | Strawberries and cream (M) | Yogurt (M) no bits | Satsuma or banana |
| Fri | Lunch | Southern fried chicken (C)(G) Or Jacket potato with Bolognese and parmesan (M)(E) | Buttermilk burger (G) | Chips Sweetcorn Peas |
| | Dessert | Cornflake or rice Krispie cakes (G)(M) | Yogurt (M) no bits | Banana, satsuma, apple or pear |
| N Contains Nuts | SD Sulphur Dioxide | P Peanuts | E Eggs | |
| M Milk | CR Crustaceans | MOL Molluscs | MUS Mustard | |
| S Soybeans | C Celery | L Lupin | F Fish | |
| SE Sesame Seeds | G gluten | | | |

Allergen Awareness Matrix



