Coastal Kitchen

Summer Menu 2022

Homemade bread, vegetable crudites and fresh fruit is served daily in addition to the menu below.

Week One
18th April

Monday	Tuesday	Wednesday	Thursday	Friday
Margarita Pizza[1,2]	Meatballs or Quorn Meatballs in Tomato Pasta [1]	Breaded Chicken or Breaded Quorn with Curry Dip [2 1 4]	Sausage Roast[1 9] or Quorn Sausage[1,12]	Omega 3 Fish Fingers[1,9,11] or Veggie Nuggets[1,3]
Homemade wedges Cucumber & Carrot Sticks	Garlic Bread[1] Sweetcorn	Savoury rice Peas	Roast Potatoes Yorkshire Pudding[1,2] Seasonal Vegetables	Chips Garden Peas
Yoghurt[2]	Beetroot Brownie[1,2, 4]	Banana Cake & Ice-Cream[1,2,4]	Iced Bun[1]	Apple Cake & Custard [1 4 2]

Week Two
25th April

Monday	Tuesday	Wednesday	Thursday	Friday
Margarita Pizza[1,2]	Toad in the Hole[1,2,4,9,12] or Quorn Sausage[1,12]	Pasta Bolognese[1]or Quorn Bolognese[1,4,12]	Roast Chicken or Roast Quorn Fillet[4]	Omega 3 Fish Fingers[1,9,11] or Veggie Nuggets[1,4 13]
Homemade Wedges Cucumber & Carrot sticks	Mash Garden Peas Gravy[1]	Garlic Bread[1] Peas and Sweetcorn	Roast Potatoes Yorkshire Pudding[1,2] Seasonal Vegetables	Chips Baked Beans
Cherry Shortbread[1,2,9]	Oaty Fruit Bar[9]	Yoghurt Cake [1,2,4]	Lemon Cheesecake [1,2]	Oaty Fruit Crunch[9] & Custard[2]

Week Three
2nd May

Monday	Tuesday	Wednesday	Thursday	Friday
Margarita Pizza[1,2]	Hot Dog[1,9,12] or Quorn Dog[1,12]	Lasagne[1,2] or Quorn Lasagne[1,2,4,12]	Roast Turkey or Roast Quorn Fillet[4]	Chicken Nuggets[1,4,13] or Veggie Nuggets[1,4 13]
Pasta Salad [1] Sweetcorn	Homemade Wedges Baked Beans	Garlic Bread Peas and Sweetcorn	Roast Potatoes Yorkshire Pudding[1,2] Seasonal Vegetables	Chips Coleslaw[4]
Jam Cupcake[14]	Fruit Jelly & Ice-Cream[2]	Fruity Flapjack[9]	Arctic Roll[1,2 4]	Chocolate Sponge & Sauce [1,2,4]

Jacket Potato
Desserts from Week 1, 2 and 3

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Beans	Cheese & Coleslaw[2]	Cheese & Baked Beans[2]	Cheese [2]	Tuna Mayonnaise[4,9,11]

Packed Lunch
Desserts from Week 1, 2 and 3

Monday	Tuesday	Wednesday	Thursday	Friday
Ham Sandwich[1]	Cheesy Pinwheel[1,2]	Homemade Sausage roll[1,4,9]	Tuna Pasta[1,2]	Pitta Bread and Cheese[2]
Baked Savoury Biscuits[1,2] Cucumber Sticks Sultanas[9] Fresh Fruit	Carrot Batons Yoghurt[2] Sultana's[9] Fresh Fruit	Cucumber Sticks Yoghurt[2] Sultanas[9] Fresh Fruit	Pizza Finger[1,2] Carrot Batons Sultanas[9] Fresh Fruit	Baked Savoury Biscuits[1,2] Cucumber Sticks Sultanas[9] Fresh Fruit



Coastal Kitchen

Spring Menu 2022

We use fresh local ingredients wherever possible.

Menu choices are designed to provide a healthy balanced meal each day, incorporating our children's favourite meals, whilst also following Government Guidance.

Meat is sourced from our local butcher.

Allergens – You MUST inform the School of ANY allergies your child has

Wheat [1]
Milk [2]
Soy [3]
Egg [4]
Seafood [5]
Sesame Seeds [6]
Peanut**[7]
Tree Nuts**[8]
Sulphites [9]
Mustard [10]
Fish [11]
Barley [12]
Celery [13]
Lupin [14]

***Bacton Primary School, Mundesley Infant and Junior School are nut free zones*





