

Monday



Organic Pork Meatballs (G.S.U.)

or



(v) Farmhouse Omelette (D.E.)

Everyday choose from:

or



Roast Chicken Soft Bap (G.), Cheese, Crackers and Apple Wedge (G.D.), Juice Carton

Tuesday



Chicken Korma (D.E.M.)

or



(v) Vegetarian Sausages (G.S.U.SB.)



(v) Jacket Potato with Cheese (D.)

or

or



Ham Sandwich (SB.G.), Very Berry Muffin (G.E.), Raisin Box, Milkshake (D.)

Wednesday



Roast Beef in Gravy

or



(v) Chinese Style Quorn Meatballs (G.SB.E.)



Jacket Potato with Tuna Mayonnaise (D.E.M.F.)

or

or



(v) Cheddar Cheese Wrap (D.G.), Superfood Granola (G.), Juice Carton

Thursday



Cheesy BBQ Bacon Pasta (G.D.)

or



(v) Margherita Pizza (D.G.)



(v) Jacket Potato with Cheese and Beans (D.)

or



Sliced Turkey Soft Bap (G.), Organic Yoghurt (D.) Raisin Box, Juice Carton

Friday



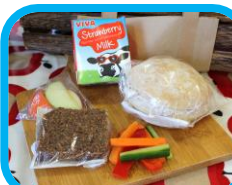
*Seaside Fish Fillet (F.G.)

or



(v) Roasted Vegetable Quiche (E.D.G.)

or



Tuna Mayo Soft Bap (G.F.E.), Chocolate Flapjack (G.D) Fruit Bag, Milkshake (D.)

Week 2 Dessert Menu

Everyday we offer:

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(v) Cheddar Cheese, Crackers and Apple Wedge (D.G.) or Ice Cream Tub (D.)

Tuesday

(v) Homemade Very Berry Muffin (G.E.)

Wednesday

(v) Homemade Superfood Granola Bar (G.) or Jelly and Peaches

Thursday

(v) Homemade Syrup Sponge with Custard (G.E.D.)

Friday

(v) Homemade Chocolate Flapjack (G.)

PLEASE NOTE All Deli Bags are served with either Vegetable Sticks or a Salad Pot

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

Key

V = vegetarian
D = Dairy
N = Coconut
S = Sesame
E = Egg

G = Gluten/Wheat
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

*Salmon Fillet

