

Monday



Organic Beef Grill (G.) in a Bun (G.)

or



(v) Vegetable Risotto Bake (G.D.)

Everyday choose from:

or



(v) Cheddar Cheese Soft Bap (G.D.) Ice Cream Tub (D), Raisin Box, Juice Carton

Tuesday



Bacon Medallion and Pork Sausage (G.S.U.)

or



(v) Cheesy Pasta (G.D.)



(v) Jacket Potato with Cheese (D.)

or

or



Roast Chicken Wrap (G.), Organic Yoghurt (D.) Fruit Bag, Juice Carton

Wednesday



Roast Chicken Joint or Fillet

or



(v) Vegetarian Chilli (very mild) (G.SB.)



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

or

or



Ham Soft Bap (G.), Homemade Shortbread (G.), Raisin Box, Milkshake (D.)

Thursday



Spaghetti Bolognese (D.G.)

or



(v) Rustic Margherita Pizza (D.G.)



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

or



Tuna Mayo Sandwich (F.E.G.SB), Organic Yoghurt (D.), Fruit Bag, Juice Carton

Friday



Fish Fingers (F.)

or



(v) Veggie Hot Dog (G.S.SB.SU.)

or



Egg Mayo Soft Bap (G.E.) Up Beet Chocolate Cake (G.SB.E.), Raisin Box, Milkshake (D.)

Week 3 Dessert Menu

Everyday we offer:

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

Monday

(v) Ice Cream Tub (D.)

Tuesday

(v) Homemade Eve's Pudding with Custard (G.D.E.)

Wednesday

(v) Homemade Shortbread (G.)

Thursday

Strawberry Mousse with Jelly and Fruit (D.)

Friday

(v) Homemade Up Beet Chocolate Cake (G.SB.E.)

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

