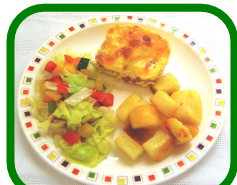


Monday



Pork Sausages (G.SU)

or



(v) Farmhouse Omelette (D.E.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



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

or



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

Tuesday



BBQ Chicken Fillet Wrap (G.)

or



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

Wednesday



Roast Beef in Gravy (Yorkie Pud D.E.G.)

or



(v) Vegetarian Toad in the Hole (G.SU.SB.D.E.)

Thursday



Mild Chicken Tikka Curry (M.D.E.)

or



(v) Cheese and Tomato Pizza Wedge (D.G.)

Friday



Gluten Free Fish Fingers (F.)

or



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



Week 1 Dessert Menu

Every day we offer:

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

Monday

(v,h) Homemade Flapjack (G.)
(v) Cheddar Cheese, Crackers and Apple Wedge (G.D.)

Tuesday

(v,h) Homemade Toffee Apple Sponge with Custard (SB.G.E.D.)
Ice Cream Tub (D.)

Wednesday

(v,h) Homemade Chocolate Crunch Biscuit (G.)

Thursday

(v,h) Homemade Lemon or Orange Drizzle Cake (G.E.)

Friday

(v) Pancakes with Fruit Toppings (SU.D.E.G.)

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 in the photographs.

(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/Nuts
- S = Sesame
- E = Egg
- G = Gluten/Wheat
- F = Fish
- M = Mustard
- SB = Soya
- SU = Sulphites

