

Monday



Organic Pork Meatballs (G.SU.)

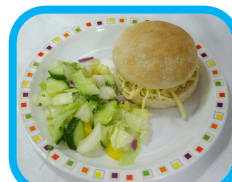
or



(v) Broccoli and Sweetcorn Bake (D.G.)

Everyday choose from:

or



(v) Cheddar Cheese Soft Bap Meal (G.D.)

Tuesday



Bacon Medallion and Pork Sausage (G.SU.)

or



(v) Breadcrumbs Vegetable Fingers (G.)



(v) Jacket Potato with Cheese (D.)

or

or



British Roast Chicken Wrap Meal (G.)

Wednesday



Roast Chicken Joint or Fillet

or



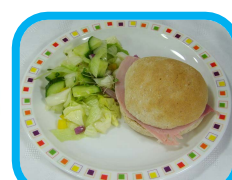
(v) Vegetable Lasagne (D.G.)



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

or

or



Ham Soft Bap Meal (G.)

Thursday



Minced Beef Pie (D.G.)

or



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



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

or



Tuna Mayonnaise Sandwich Meal (F.E.G.SB.)

Friday



Breaded Pollock Fillet (F.SB.)

or



(v) Quorn Korma (very mild) (M.D.E.)

or



(v) Cheddar Cheese Soft Bap Meal (G.D.)

Week 3 Dessert Menu

Everyday we offer:

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

Monday

(v,h) Homemade Zesty Orange Cookie (G.)

Tuesday

(v,h) Homemade Chef's Fruit Crumble with Custard (G.D.)
(v) Ice Cream Tub (D.)

Wednesday

(v) Homemade Iced Sponge (G.E.)
Icing Top (SU.)

Thursday

Jelly with Fruit in Juice
(v,h) Homemade Tempting Triangle (G.SU.)
crunchy oat biscuit with cherries

Friday

(v,h) Homemade Chocolate Cracknel (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.

(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

