

Monday



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

or



(v) Pasta in Cheese Sauce (D.G.)

or



Jacket Potato with Bacon and Beans

or



BBQ Chicken Wrap Meal (G.)

Tuesday



Chicken Pie (D.G.)

or



Gluten Free Salmon Fillet Fingers (F.)

or



(v) Jacket Potato with Cheesy Coleslaw (D.E.M.)

or



Ham Sandwich Meal (S.B.G.S.)

Wednesday



Roast Pork or Gammon Joint

or



(v) Chinese Style Quorn with Noodles (S.B.E.G.)

or



Jacket Potato with Chicken Mayo. (S.U.D.E.M.)

or



(v) Cheese/Cucumber Sandwich (D.G.S.B.)

Thursday



Spaghetti Bolognese (D.G.)

or



(v) Vegetable Curry (E.D.M.S.U.N.)

or



(v) Jacket Potato with Cheese (D.)

or



Pork Sausage Salad Baguette (G.S.S.U.D.)

Friday



Battered Fish Fillet (G.F.)

or



(v) Vegetable Burrito (D.G.)

or



Jacket Potato with Tuna and Sweetcorn (D.E.M.F.)

or



(v) Crunchy Cheese Wrap Meal (G.S.M.D.E.S.B.)

Week 2 Dessert Menu

Everyday we offer (v) Yeo Valley organic yoghurt, (D.) and fresh fruit as alternative options.

• **Monday**

- (v) Whip with Fruit in Juice (D.) or
- (v) Homemade Ginger Cookie (G.)

• **Tuesday**

- (v) Homemade Up Beet Chocolate Cake (G.S.B.D.E.)

• **Wednesday**

- (v) Homemade Iced Blueberry Muffin (G.D.E.) or
- (v) Ice Cream Tub (D.)

• **Thursday**

- (v) Homemade Apple Pudding with Custard (G.E.D.)

• **Friday**

- (v) Strawberry Swirl Mousse (D.) or
- (v) Cheddar Cheese, Crackers and Apple Wedge (G.D.)

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

