

Monday



Organic Pork Meatballs (G.)

or



(v) Cheddar Cheese and Potato Pie (D.E.)

Everyday choose from:

or



BLT Baguette Meal (G.S.M.D.E.)

Tuesday



Mild and Creamy Chicken Curry (D.)

or



(v) Farmhouse Omelette (D.E.)

(v) Jacket Potato with Cheese (D.)

or

or



(v) Cheddar Cheese Sandwich Meal (D.SB.G.S.)

Wednesday



Roast Beef in Gravy

or



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

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

or

or



Ham Wrap Meal (G.)

Thursday



Cheesy BBQ Bacon Pasta (G.D.)

or



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

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

or



Roast Beef Sandwich Meal (SB.G.S.)

Friday



Breaded Pollock Fillet (F.SB.)

or



(v) Pasta in a Rich Tomato Sauce (D.G.)

or



Tuna & Sweetcorn Baguette Meal (G.S.SB.M.D.F.E.)

Week 3 Dessert Menu

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

- Monday
(v) Homemade Apple Crunch Pudding (G.SU) with Custard (D.) or
(v) Homemade Carrot and Orange Cookie (G.)
- Tuesday
(v) Homemade Iced Blueberry Muffin (G.D.E.)
- Wednesday
(v) Homemade Shortbread (G.)
- Thursday
(v) Ice Cream Tub (D.)
- Friday
(v) (v) Homemade Up Beet Chocolate Cake (G.SB.D.E.) with Hot Chocolate Sauce (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

