

Monday



Tomato Pasta Bake (G.D)

or



(vg) Plant Power Burger in a Bun (G)

Tuesday



Chicken Fajita in a Wrap (G)

or



(v)(h) Hearty Rainbow Roots Chilli

Wednesday



Roast Chicken Fillet (G)

or



(v)(h) Plant Power Toad in the Hole (G.E.D)

Thursday



Pork Sausages (G.SU.SB)

or



(v)(h) Cheese & Potato Pie (D.E)

Friday



Salmon Fishcake (F.G)

or



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

Jacket Potatoes Every Day



(v) Cheese/Beans D.

or

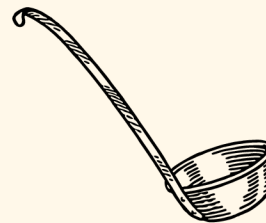


(v) Cheese D.

or



Tuna Mayonnaise F.E.



Week 1 Dessert Menu

Monday

(v)(h) Chocolate Cracknel (G)

Tuesday

(vg) Jelly with Fruit

(v)(h) Banana & Raisin Cookie (G)

Wednesday

(v)(h) Caramel

Apple Crumble with Custard (D.G.)

(v) Ice Cream (D)

Thursday

(v) Strawberry Whip with Fruit (D)

(vg)(h) Flapjack (G)

Friday

(v)(h) Frosted Carrot Cake (G.E)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, semi skimmed milk or water to drink. Some schools offer a Hydration Station instead, comprising of unlimited chilled water flavoured with fresh fruit.

Accompaniments may vary to those shown.

PLEASE NOTE some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

Allergen Key

VG-Vegan,, V-Vegetarian, , H-Homemade, G-Gluten/Wheat, C-Celery, S-Sesame, F-Fish, M-Mustard, SU-Sulphites, D-Dairy, E-Eggs, SB-Soyabean.

