

Monday



(v) Cheese & Tomato Pizza G.D.

or



(vg) Quorn & Bean Tostada (Tortilla) G.

or



(v) Cheese/Beans D

Jacket Potatoes Every Day

or



(v) Cheese D.

or



Tuna Mayonnaise F.E.

Tuesday



Pasta Bolognese G./Cheese D.

or



(vg) Plant Power Hot Dog G.

Wednesday



Roast Pork Slice

or



(vg) Quorn Roast G.

Thursday



Beef Grill G.SB.SU in a Bun G.

or



(vg) Chunky Vegetable Curry.

Friday



Breaded Fish Fillet Fingers F.G

or



(v) Tomato Pasta Bake D.G.

Week 3 Dessert Menu

Monday

(v) Homemade Crunch Cookie (G)

Tuesday

(v) Homemade Lemon / Orange Drizzle Cake (G.E)

Wednesday

(v) Strawberry Whip with Fruit (D)

Thursday

(v) Homemade Chocolate Frosted Sponge (G.E.D)

Friday

(v) Ice Cream Tub D.

Every day we offer:

(v) Yoghurt, (D.SB)
or fresh fruit as alternative dessert options

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

Key

vg = vegan
V = vegetarian
D = Dairy
N = Coconut /Nuts
S = Sesame
E = Egg

G = Gluten/wheat
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.