



















First Name Surname

****All of our meals are Home Made with Fresh Vegetables**** Fresh Bread is available every day  ****Meals with this symbol**  **re Gluten Free option****

| Week 3 | MONDAY | TUESDAY | WEDNESDAY | Census THURSDAY | FRIDAY |
|--|--|--|--|---|--|
| Choice 1  | Tuna Pasta Bake | Creamy Chicken Curry Served with Rice & Naan | Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy | Pepperoni Pizza with Chips  | Pork Sausage & Mashed Potatoes |
| Choice 2  | Cheesy Pasta Bake | Creamy Lentil & Vegetable Curry served with Rice and Naan (S) | Yorkshire Pudding filled with Herby Vegetables | Cheese & Tomato Pizza with Chips  | Quorn Sausage & Mashed Potatoes |
| Choice 3  | Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc)  | Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc)  | Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc)  | Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc)  | Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc)  |
| Choice 4  | Roasted Vegetable Pasta Pot (S) | Wholemeal Ham Roll | Egg Mayonnaise Sandwich | Beef & Salad Wrap | Tuna & Sweetcorn Bagel |
| Choice 5  | Cheese Sandwich | Toasted Cheese Sandwich | Cheese Sandwich | Cheese Sandwich | Cheese Sandwich |
| To go with  | Broccoli | Peas/Broad Beans | Cabbage (S) | Beans | Mixed Veg |
| | Seasonal Roasted Veg | Sweetcorn | Carrots (S) | Peas | Brussels (S) |
| | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
|  *** Yoghurt & Fresh Fruit are available every day ***  | | | | | |
| Dessert  | Carrot Cake (S) | Cheese & Biscuits with Grapes | Apple & Cinnamon Sponge with Custard (S) |  Ice Cream Factory  | Rice Crispy Cake |

Please hand in your menu by 10.30am Monday & indicate whether you are eating with the children in the hall.

Please note, in order to meet nutritional guidelines, lunch choice 3, the jacket potato option, is intended as a complete meal. Whilst the 'to go with ...' option is available it is not recommended under current guidelines.