

## Meat Free Monday



(h) Tuna Pasta Bake (F.G.D.)



(v) Veggie Toad in the Hole D.E.G.



(v) Cheese/Beans D.



(v) Cheddar Cheese G.D.

## Jacket Potatoes Every Day

## Tuesday



Beef Grill G. in a Bun G.



(vg) Plant Power Burger in a Bun G.

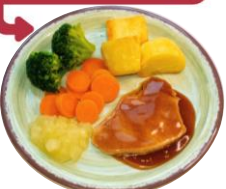


(v) Cheese D.



British Roast Chicken G.

## Wednesday



Roast Pork, Apple Sauce



(vg) Quorn Roast G. Apple Sauce



Tuna Mayonnaise F.E.



Tuna Mayonnaise F.E.G.

## Thursday



Chicken Pie G.D



(v) Cheese and Onion Pasty D.G.M.



British Ham G.

## Friday



Breaded Fish Fillet F.



(v) Roasted Vegetable Frittata D.E



(v) Cheddar Cheese G.D.

## Week 2 Dessert Menu

### Every day we offer:

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

### Monday

(vg) Homemade Flapjack with Fruit Wedges G.

### Tuesday

(v) Ice Cream Tub D.  
(vg) Homemade Chocolate Oatcake G.

### Wednesday

(v) Homemade Oaty Apple Crumble G. with Custard D.

### Thursday

(vg) Homemade Crispy Cornflake Cookie G.E.

### Friday

(v) Dinky Doughnuts with Chocolate Sauce D.G.SB.E.  
(v) Ice Cream Tub D.

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

