

Monday



Pork Sausages G.S.U.

or



(v) Veggie Korma Curry with Wholegrain or White Rice D.

or



(v) Cheese/Beans D.

or



(v) Cheddar Cheese G.D.

Jacket Potatoes Every Day

Tuesday



Pasta with Peas & Bacon D.G.

or



(v) Veggie Breakfast Pattie in a Bun G.D.E.

or



(v) Cheese D.

or



British Roast Chicken G.

Wednesday



British Roast Chicken, Stuffing G.

or



(vg) Quorn Roast G. Optional Stuffing G.

or



Tuna Mayonnaise F.E.

or



Tuna Mayonnaise F.E.G.

Thursday



Pasta Bolognese G./Cheese D.

or



(v) Homemade Vegetable Burrito Bake D.G.

or



British Ham G.

Friday



Crispy Salmon Fishcake F.G.

or



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

or



(v) Cheddar Cheese D.G.

Week 1 Dessert Menu

Every day we offer:

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

Monday

(v) Swirly Chocolate Mousse D.
(vg) Homemade Fruity Flapjack G.

Tuesday

(v) Homemade Crispy Cornflake Cookie G.E.

Wednesday

(v) Homemade Chocolate and Orange Brownie G.E.

Thursday

(vg) Homemade Strawberry Slice G.

Friday

(v) Ice Cream Tub D.
(v) Cheddar Cheese, Crackers and Apple Wedges G.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

