

Meat Free Monday



(vg) Quorn Dippers G.

Tuesday



(v) Broccoli and Sweetcorn Pasta Bake G.D.

Wednesday



British Roast Chicken, Stuffing G.

(vg) Quorn Roast G. Optional Stuffing G.

Thursday



Pasta Bolognese G./Cheese D.

Friday



Crispy Salmon Fishcake F.G.

Jacket Potatoes Every Day



(v) Cheese/Beans D.



(v) Cheddar Cheese and Potato Pie D.E.



British Roast Chicken G.



Tuna Mayonnaise F.E.

Tuna Mayonnaise F.E.G.



(v) Cheddar Cheese D.G.



(v) Cheddar Cheese G.D.



British Roast Chicken G.



Tuna Mayonnaise F.E.

Tuna Mayonnaise F.E.G.



British Ham G.



(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) Chocolate Mousse with Fruit D.
(vg) Homemade Ginger Biscuit G.

Tuesday

(vg) Homemade Lemon Shortbread G.

Wednesday

(v) Homemade Chocolate Cherry Sponge G.E. with Hot Chocolate Sauce D.
(v) Ice Cream Tub D.

Thursday

(v) Homemade Iced Pineapple Cake G.E.

Friday

(v) Ice Cream Tub D.
(vg) Homemade Crunch Cookie G.

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 in the photographs.

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

