

Meat Free Monday



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

Tuesday



Beef Grill G. in a Bun G.

Wednesday



Roast Pork, Apple Sauce

Thursday



Chicken Pie G.D

Friday



Breaded Fish Fillet F.

Jacket Potatoes Every Day



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



(vg) Plant Power Burger in a Bun G.



(vg) Quorn Roast G. Apple Sauce



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



(v) Roasted Vegetable Frittata D.E



(v) Cheddar Cheese G.D.



(v) Cheese D.

(v) British Roast Chicken G.



Tuna Mayonnaise F.E.G.



British Ham G.



(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

