

Monday



(v)(h) Mac 'n' Cheese (G.D)

or



(vg) Plant Power Burger (G)

or

Jacket Potatoes Every Day



(v) Cheese/Beans (D)

or

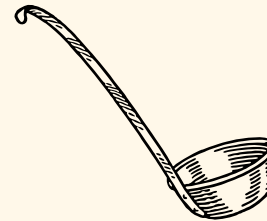


(v) Cheese (D)

or



Tuna Mayonnaise (F.E)



Tuesday



(h) Beef Lasagne (G.D)

or



(vg) Garden Vegetable Fingers (G)

Wednesday



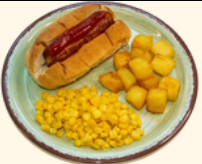
Roast Chicken Fillet Yorkshire Pudding (G.E.D)

or



(v) Plant Power Toad in the Hole (G.E.D)

Thursday



Pork Hot Dog (G.SU.SB)

or



(v)(h) Vegetable Curry

Friday



Salmon Fishcake (F.G)

or



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

Week 3 Dessert Menu

Monday

(v) Strawberry Whip with Fruit (D)

Tuesday

(v)(h) Apple Cookie (G.E)

(v) Ice Cream (D)

Wednesday

(v) Pancake with Fruit (G.E.D)

Thursday

(v)(h) Jim Jam Chocolate Brownie (G.E.D)

Friday

(v)(h) Carrot & Orange Cookie (G)

(vg) Jelly with Fruit

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.

Pasta Options Available:

Monday - (vg) Herby Tomato (G)

Tuesday - (v) Pepperonata (G)

Wednesday - Carbonara (G.D)

Thursday - (v) Mac & Cheese (G.D.M)

Friday - (v) Mascarpone Tomato & Basil (G.D)

PLEASE NOTE some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

Allergen Key

VG-Vegan,, V-Vegetarian, H-Homemade, G-Gluten/Wheat, C-Celery, S-Sesame, F-Fish, M-Mustard, SU-Sulphites, D-Dairy, E-Eggs, SB-Soyabean.

