

Name: _____ Class: _____ Year: _____ School: _____ Total meals _____ Cost: _____
 Week 1 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Italian with Rice (T) Or Vegetable Italian with Rice (T)(V)	Organic Beef burger in a Bun with Salad Or Veggie Burger in a Bun with Salad	Chicken Roast Dinner (G)(L) Or Quorn Fillet Roast Dinner	Vegetarian Cheese & Tomato Pizza with Fries (T) Or Vegetarian Veggie Fingers with Fries (L)	MSC Fish Fingers & Potato Wedges Or Vegetarian Cheese & Tomato Quiche with Potato Wedges (T)
Cheese Sandwich on white bread	Ham Sandwich on white bread	Tuna Mayo Sandwich on white bread	Egg Mayo Sandwich on white bread	Chicken Sandwich on white bread
Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)
Desserts Fruit or organic Yeo valley yoghurts	Desserts Peach Sponge or Fruit	Desserts Banana & Ginger Cake or Fruit	Desserts Blueberry Cake or Organic Yoghurts	Desserts Melon / Pineapple or Organic Yoghurts

Week 2 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Chilli con carne with boiled rice (G)(L)(T) Or Vegetarian Veggie Chilly with boiled rice (G)(L)(T)	Pizza with Wholemeal Pasta Salad (T) Or Vegetarian Vegetable Pasta Bake (T)	Beef Roast Dinner with Yorkshire Puddings Or Vegetarian Mac Cheese Croquettes Dinner	Free Range Pork Sausages & Mashed Potato (L) Or Vegetarian Veggie Sausages & Mashed Potatoes (L)	MSC Harry Ramsden Baked Fish with Oven Baked Fries Or Vegetarian Vegetable Fingers with Oven Baked Fries
Chicken Sandwich on white bread	Egg Mayo Sandwich on white bread	Cheese Sandwich on white bread	Tuna Mayo Sandwich on white bread	Ham Sandwich on white bread
Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)	Vegetarian Jacket Potato with a choice of fillings (V)(G)
Desserts Fruit or organic yoghurts	Desserts Blueberry cake or fruit	Desserts Oatie Ginger Cake or Fruit	Desserts Fruity Sponge or fruit	Desserts Coco Cake or Organic Yoghurts

Seasonal vegetables and salad available every day to accompany meal

Drinking water is available every day, Wholemeal bread and white bread is also available

Food Allergies and Intolerances Some of our food do contain these so Please contact us if you require further information on the ingredients in our meals.

-  = Vegetarian
- (G) = Gluten Free
- (L) = Lactose Free
- (T) Contains tomatoes



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 Week 3 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognese with Garlic bread (T) Or (V) Vegetable Bolognese with garlic bread (T)	Chicken breaded steak with potato wedges & vegetables (L) Or (V) Mac & cheese croquettes with potato wedges & vegetables	Organic Beef Burger with Mashed Potato & Veg (L) Or (V) Quorn Fillet Roast Dinner (L)	(V) Cheese & Tomato Pizza with Vegetable Sticks (T) Or (V) Macaroni Cheese, peas & sweetcorn	MSC Salmon Nuggets with Fries Or (V) Vegetable Burger with Fries
Cheese Sandwich on white bread (V)	Tuna Mayo Sandwich on white bread	Chicken Sandwich on white bread	Egg Mayo Sandwich on white bread (V)	Ham Sandwich on white bread
(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)
Dessert Organic Yoghurts or fruit	Dessert Coco Brownie or Fruit	Dessert Pineapple Cake or Organic Yoghurts	Dessert Vanilla Shortbread or Fruit	Dessert Lemon Cake or fruit

Week 4 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Organic Beef & Tomato Meatballs with Wholemeal Pasta (T) Or (V) Veggie Nuggets wholemeal Pasta (T)	Cheese & Tomato Pizza with Fries (T) Or (V) Veggie Fingers with Fries	Turkey Roast Dinner (G)(L) Or (V) Quorn Fillet Dinner	Beef Grill with mashed potato & Vegetables Or (V) Vegetable burger with mashed potato & vegetables	MSC Fish Goujons With Potato Wedges Or (V) Vegetable fingers with Potato Wedges (L)
Cheese Sandwich on white bread (V)	Egg Mayo Sandwich on white bread (V)	Tuna Mayo Sandwich on white bread	Ham Sandwich on white bread	Chicken Sandwich on white bread
(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)	(V) Jacket Potato with a choice of fillings (V)(G)
Dessert organic yoghurts or Fruit	Dessert Chocolate Brownie or Organic Yoghurts	Dessert Blueberry cake or fruit	Dessert Apple & Cranberry Flapjacks or Organic Yoghurts	Dessert Vanilla Shortbread or Fruit

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