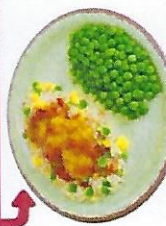


Meat Free Monday



(vg) Quorn Dippers G.

Tuesday



Chicken Fillet Wrap G.

Wednesday



Roast Gammon Steak

Thursday



Beef Grill G. SB. in a Bun G.

Friday



Breaded Fish Fillet F.

Jacket Potatoes Every Day



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



(v) Cheese/Beans D.

(vg) Plant Power "Meat" balls



(vg) Quorn Roast G.

Tuna Mayonnaise F.E.



Tuna Mayonnaise F.E.G.



(vg) Veggie Burger in a Bun G.



(v) Tomato Pasta Bake D.G.



(v) Cheese/Beans D.



(v) Cheese D.



(v) Cheddar Cheese G.D.



British Ham G



(v) Cheddar Cheese G.D.



Tuna Mayonnaise F.E.G.



British Roast Chicken 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

Chocolate Mousse with Fruit D.
(vg) Homemade Cherry Cookie G.S.U.

Tuesday

(vg) Homemade Chocolate Shortbread G.

Wednesday

(vg) Homemade Jam Tart G.
(v) Ice Cream Tub D.

Thursday

(v) Homemade 'School Favourite' Sprinkles
Sponge Cake G.E.

Friday

Jelly with Fruit
(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.

Cold option served with potatoes of the day

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

