

Meat Free Monday



(vg) Quorn Dippers G.

or



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

or



(v) Cheese/Beans D.

or



(v) Cheese D.

or



Tuna Mayonnaise F.E.

Jacket Potatoes Every Day

Tuesday



Chicken Fillet Wrap G.

or



(vg) Plant Power "Meat" balls G.

Wednesday



Roast Gammon Steak

or



(vg) Quorn Roast G.

Thursday



Beef Grill G.SB. in a Bun G.

or



(vg) Veggie Burger in a Bun G.

Friday



Breaded Fish Fillet F.

or



(v) Tomato Pasta Bake D.G.

Week 2 Dessert Menu

Every day we offer:

(v) Yoghurt, (D.)
or fresh fruit as alternative dessert options

Monday

Chocolate Mousse with Fruit in Juice D.
(vg) Homemade Cherry Cookie G.SU.

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.

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	G = Gluten/wheat
V = vegetarian	F = Fish
D = Dairy	M = Mustard
N = Coconut/Nuts	SB = Soya
S = Sesame	SU = Sulphites
E = Egg	



Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.