

Meals Menu for Autumn 2 term through to Spring 2 term (5th November 2018 - 5th April 2019)

Name:				Class:					
Sides/Pudding options are available to all No need to select them	Week 1 w/c 5/11, 26/11, 17/12, 21/1, 11/2, 11/3, 1/4			Week 2 w/c 12/11, 3/12, 7/1, 28/1, 25/2, 18/3,			Week 3 w/c 19/11, 10/12, 14/1, 4/2, 4/3, 25/3		
	Place a ✓ against the main meal choice			Place a ✓ against the main meal choice			Place a ✓ against the main meal choice		
Monday	Main	Margheritta Pizza		Hot Dog in a roll		Jacket Potato with			
	Veg			Meat Free Hot Dog in a roll		Cheese, Beans or Tuna			
	Sides	Sweetcorn & Salad		Sweetcorn & Salad		Salad bar			
	Sandwich	Jacket Potato + cheese or baked beans	C / BB	Jacket Potato + cheese or baked beans	C / BB	Ham or Cheese sandwich B/W bread	B / W	H / C	
	Pudding	Fresh Fruit Salad		Banana Custard		Fresh Fruit Salad			
Tuesday	Main	Homemade beef meatballs & pasta		Macaroni Cheese		Sausage & Mash			
	Veg	Vegetable bolognaise & pasta				Vegetarian Sausage & Mash			
	Sides	Peas or salad		Peas or Carrots		Peas or Sweetcorn & Gravy			
	Sandwich	Ham or Cheese sandwich B/W bread	B / W H / C	Ham or Cheese sandwich B/W bread	B / W H / C	Ham or Cheese sandwich B/W bread	B / W	H / C	
	Pudding	Cheese & Biscuits and Fruit		Fresh Fruit Salad		Cheese & Biscuits and Fruit			
Wednesday	Main	Roast Chicken and Roast potatoes		Roast Pork & Roast Potatoes		Roast Turkey & Roast Potatoes			
	Veg	Cheese & Roast Vegetable Panini		Quorn & Vegetable Pie & Roast Potatoes		Quorn Roast & Roast Potatoes			
	Sides	Seasonal vegetables & gravy or salad		Seasonal vegetables & gravy or salad		Seasonal vegetables & gravy or salad			
	Sandwich	Ham or Cheese baguette	H / C	Ham or Cheese sandwich B/W bread	B / W H / C	Ham or Cheese sandwich B/W bread	B / W	H / C	
	Pudding	Pears and custard		Frozen Yoghurt		Jelly & Custard			
Thursday	Main	Sausage Pie and Rice		Mild Chicken Curry & Rice		Beef Burgers in a bun			
	Veg	Legendary Bean Buster & Rice		Lentil & vegetable Curry & Rice		Vegetable Burgers in a bun			
	Sides	Peas or salad		Peas or Carrots		Cooked onions & tomato sauce or Salad			
	Sandwich	Jacket Potato + cheese or baked beans	C / BB	Jacket Potato + cheese or baked beans	C / BB	Jacket Potato + cheese or baked beans		C / BB	
	Pudding	Frozen Strawberry & Vanilla Mousse		Frozen Chocolate & Vanilla Mousse		Ice Cream Sundae			
Friday	Main	Battered Cod & Fries		Fish Fingers & Fries		Salmon Fishcake & Fries			
	Veg	Vegetarian sausage & Fries		Vegetable Fingers & Fries		Vegetable Nuggets & Fries			
	Sides	Baked beans or salad		Baked beans or salad		Baked beans or salad			
	Sandwich	Ham or Cheese Wrap	H / C	Ham or Cheese Wrap	H / C	Ham or Cheese Wrap		H / C	
	Pudding	Jelly & Ice Cream		Flapjack and Milk		Apple Crumble & Custard			

Salad bar & wholemeal bread available daily. Our meat is freedom food / free range, seasonal vegetables & fruit are sourced locally, eggs are free-range & gravy is vegetarian. All food is nut free

Note: All allergy related diets must be supported by medical confirmation.

My child is on an allergy related diet and their choices include ingredients contrary to this which I am happy can be served to them

Signed _____ Parent / Carer