

WEEK ONE

West Pennard Food for Thought

21st April, 12th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham & Sweetcorn Pizza with Salad	Beef Meatball Sub with Salad	Roast Chicken With Roast Potatoes, Veg & Gravy	Hot Dogs with Salad	Fish Fingers & Chips with Baked Beans
Vegetarian	Margherita Pizza with Salad	Veg Sausage Sub with Salad	Nutless Roast Slice with Roast Potatoes, Veg & Gravy	Quorn Hot Dogs with Salad	Veggie Fingers & Chips with Baked Beans
3 rd Option	Pasta available daily with either cheese, tomato or tuna				
Pudding	No Refined Sugar Flapjacks	Victoria Sponge Fingers	Jelly & Ice Cream	Chocolate Sprinkle Cake	Cookies

**Vegetables and Salad
Served Daily**



**Wholemeal bread and fresh
fruit is available daily. All gravy
is vegetarian.**

**All our food is locally sourced,
cooked on site and of the highest
quality.**

WEEK ONE

Allergy Information

Item Name	Allergy Information
Ham & Sweetcorn Pizza with Salad	Contains: wheat, dairy, soya
Margherita Pizza with Salad	Contains: wheat, dairy, soya
No Refined Sugar Flapjack	Contains: Oats
Meatball Sub and Salad	Contains: wheat, egg
Veg Sausage Sub and Salad	Contains: wheat, soya
Victoria Sponge Fingers	Contains: wheat, eggs
Roast Chicken With Roast Potatoes, Veg & Gravy	Contains: No Allergens
Nutless Roast with Roast Potatoes, Veg & Gravy	Contains: wheat, egg
Jelly and Ice Cream	Contains: dairy
Hot Dogs and Salad	Contains: wheat
Quorn Hot Dogs and Salad	Contains: wheat, eggs
Chocolate Sprinkle Cake	Contains: wheat, eggs
Fish Fingers with Chips and Baked Beans	Contains: fish, wheat
Vegetarian Fish Fingers with Chips and Baked Beans	Contains: wheat
Cookie	Contains: wheat, dairy, eggs
Pasta with Cheese	Contains: wheat, dairy
Pasta with Tomato	Contains: wheat
Pasta with Tuna	Contains: wheat, fish

Vegetables and Salad
Served Daily



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**WEEK
TWO**

West Pennard Food for Thought

28th April, 19th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato with Tuna Mayo and Salad	Sausage Rolls with Peas & Sweetcorn	Beef Chilli with Rice & Vegetables	Chicken Burger with Salad	Fish Shapes or Salmon Fishcake & Chips with Baked Beans
Vegetarian	Jacket Potato with Cheese & or Coleslaw and Salad	Meat Free Sausage Rolls with Peas & Sweetcorn	Mixed Bean Chilli with Rice & Vegetables	Meat Free Chicken Burger with Salad	Vegan Nuggets with Chips & Baked Beans
3 rd Option	Sandwiches are available daily with either cheese or ham or egg mayo with white or brown bread				
Pudding	Strawberry Ice Cream & Wafer	Lemon Cake	Strawberry Yogurt Mousse	Fruity Oats Bars	Fresh Fruit Friday

**Vegetables and Salad
Served Daily**



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WEEK TWO

Allergy Information

Item Name	Allergy Information
Jacket Potato with Tuna Mayo and Salad	Contains: fish, egg
Jacket Potato with Cheese & or Coleslaw with Salad	Contains: dairy, egg
Strawberry Ice Cream and a Wafer	Contains: dairy, wheat
Sausage Rolls with Peas & Sweetcorn	Contains: wheat
Meat Free Sausage Rolls with Peas & Sweetcorn	Contains: wheat, soya
Lemon Cake	Contains: wheat, egg
Beef Chilli with Rice and Vegetables	Contains: No Allergens
Mixed Bean Chilli with Rice and Vegetables	Contains: No Allergens
Strawberry Yogurt Mousse	Contains: dairy
Chicken Burger with Salad	Contains: wheat, celery
Meat Free Chicken Burger with Salad	Contains: wheat, soy
Fruity Oat Bars	Contains: oats
Fish Shapes or Salmon Fishcake with Chips & Baked Beans	Contains: wheat, fish
Vegan Nuggets with Chips & Baked Beans	Contains: wheat
Fresh Fruit Friday	Contains: Any allergy to specific fruit please inform the kitchen
Cheese Sandwich (White Bread)	Contains: wheat, dairy
Cheese Sandwich (Brown Bread)	Contains: wheat, dairy
Ham Sandwich (White Bread)	Contains: wheat
Ham Sandwich (Brown Bread)	Contains: wheat

**Vegetables and Salad
Served Daily**



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**WEEK
THREE**

West Pennard Food for Thought

5th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pepperoni Pinwheel Pizza and Salad	Tuna Pasta Salad	BBQ Chicken & Pasta with Vegetables	Beef Burgers with Salad	Battered Fish & Chips with Peas
Vegetarian	Cheese & Tomato Pinwheel Pizza and Salad	Pesto & chickpea Pasta Salad	BBQ Tofu & Pasta with Vegetables	Vegetable Burger with Salad	Meat Free Fish Fingers with Chips & Peas
3 rd Option	Wraps are available daily with either Chicken Mayo Salad, Cheese Salad or Roast Veg & Hummus				
Pudding	Frozen Toffee Yogurt & Apple Sauce	Apple Cake	Chocolate Crunch	Peach Melba Cake & Ice Cream	Strawberry Shortbread

Vegetables and Salad Served Daily



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**WEEK
THREE**

Allergy Information

Item Name	Allergy Information
Perreroni Pinwheel Pizza and Salad	Contains: wheat, dairy
Cheese & Tomato Pinwheel Pizza and Salad	Contains: wheat, dairy
Frozen Toffee Yogurt & Apple Sauce	Contains: dairy
Tuna Pasta Salad	Contains: wheat, fish
Pesto & Chickpea Pasta Salad	Contains: wheat
Apple Cake	Contains: wheat, egg
BBQ Chicken and Pasta with Vegetables	Contains: wheat
BBQ Tofu and Pasta with Vegetables	Contains: wheat, soya
Chocolate Crunch	Contains: wheat, dairy
Beef Burger with Salad	Contains: wheat, soya
Vegetable Burger with Salad	Contains: wheat
Peach Melba Cake & Ice Cream	Contains: wheat, dairy, egg
Battered Fish and Chips with Peas	Contains: wheat, fish
Meat Free Fish Fingers and Chips with Peas	Contains: wheat
Strawberry Shortbread	Contains: wheat
Chicken Mayo Salad Wrap	Contains: wheat, egg
Cheese Salad Wrap	Contains: wheat, dairy
Roast Veg & Hummus Wrap	Contains: wheat

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Served Daily**



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