

WEEK ONE

West Pennard Food for Thought

3rd November, 24th November, 15th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pepperoni Pizza with Salad	Beef Bolognaise & Pasta with Peas	Roast Chicken With Roast Potatoes, Veg & Gravy	Hot Dogs with Pineapple Salsa & Slaw	Fish Fingers & Chips with Baked Beans
Vegetarian	3 Cheese Pizza with Salad	Mixed Bean Bolognaise & Pasta with Peas	Nutless Roast Slice with Roast Potatoes, Veg & Gravy	Quorn Hot Dogs with Pineapple Salsa & Slaw	Meat Free Fish Fingers & Chips with Baked Beans
3 rd Option	Pita Bread available daily with either Cheese Salad, Egg & Cress mayo or Mexican Bean & Rice				
Pudding	Seasonal Flapjacks	Banoffee Traybake	Jelly & Ice Cream	Eve's Pudding & Custard	Chocolate Chip Shortbread

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
Pepperoni Pizza with Salad	Contains: wheat, soya, dairy
3 Cheese Pizza with Salad	Contains: wheat, soya, dairy
Seasonal Flapjack	Contains: oats, barley
Beef Bolognese & Pasta with Peas	Contains: wheat
Mixed Bean Bolognese & Pasta with Peas	Contains: wheat
Banoffee Traybake	Contains: wheat, eggs, dairy
Roast Chicken, Roast Potatoes, Veg & Gravy	Contains: no allergens
Nutless Roast Slice, Roast Potatoes, Veg & Gravy	Contains: wheat, egg
Jelly & Ice Cream	Contains: dairy
Hot Dogs with Pineapple Salsa and Slaw	Contains: wheat, dairy
Quorn Hot Dogs with Pineapple Salsa and Slaw	Contains: wheat, egg, mycoprotein
Eve's Pudding and Custard	Contains: wheat, eggs, dairy
Fish Fingers, Chips and Baked Beans	Contains: fish, wheat
Meat Free Fish Fingers, Chips and Baked Beans	Contains: wheat
Choc Chip Shortbread	Contains: wheat, soya
Pitta Bread with Cheese Salad	Contains: wheat, dairy
Pitta Bread with Egg & Cress Mayo	Contains: wheat, egg
Pitta Bread with Mexican Bean & Rice	Contains: wheat

Vegetables and Salad
Served Daily



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**WEEK
TWO**

West Pennard Food for Thought

10th November, 1st December

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Bacon Crumb Panini Pizza With Salad	Sausage Rolls with Peas & Sweetcorn	Cottage Pie and Vegetables	Chicken Burger with Cowboy Caviar Salad	Tuna Pasta Bake with Peas
Vegetarian	Cheese & Tomato Panini Pizza With Salad	Meat Free Sausage Rolls with Peas & Sweetcorn	Quorn Cottage Pie and Vegetables	Meat Free Chicken Burger with Cowboy Caviar Salad	Macaroni Cheese with Peas
3 rd Option	Sandwiches are available daily with either cheese or ham or egg mayo with white or brown bread				
Pudding	Chocolate Rice Krispie Cake	Festive Winter Traybake	Peaches & Ice Cream	Fruit Crumble & Custard	Fresh Fruit Friday

**Vegetables and Salad
Served Daily**



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fruit is available daily. All gravy
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**WEEK
TWO**

Allergy Information

Item Name	Allergy Information
Chicken & Bacon Crumb Panini Pizza with Salad	Contains: wheat, dairy
Cheese & Tomato Panini Pizza with salad	Contains: wheat, dairy
Chocolate Rice Krispie Cake	Contains: no allergens
Sausage Rolls with Peas & Sweetcorn	Contains: wheat
Meat Free Sausage Rolls with Peas & Sweetcorn	Contains: wheat, soya
Festive Winter Traybake	Contains: wheat, egg
Cottage Pie and Vegetables	Contains: dairy
Quorn Cottage Pie and vegetables	Contains: egg, dairy
Peaches & Ice Cream	Contains: dairy
Chicken Burger with cowboy Caviar Salad	Contains: wheat, celery
Meat Free Chicken Burger with Cowboy Caviar Salad	Contains: wheat, soya
Fruit Crumble & Custard	Contains: wheat, dairy
Tuna Pasta Bake with Peas	Contains: fish, wheat, dairy
Macaroni Cheese with Peas	Contains: wheat, dairy
Fresh Fruit Friday	Contains: no allergens
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
Egg Mayo (White Bread)	Contains: wheat, egg
Egg Mayo (Brown Bread)	Contains: wheat, egg

**Vegetables and Salad
Served Daily**



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**WEEK
THREE**

West Pennard Food for Thought

17th November, 8th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham & Sweetcorn Pinwheel Pizza and Baked Beans	Sausage & Mash With Cabbage, Carrots & Gravy	Sweet & Sour Chicken with Rice & Vegetables	Beef Burgers with Salad	Battered Fish or Salmon Fishcake & Chips with Peas
Vegetarian	Cheese & Tomato Pinwheel Pizza and Baked Beans	Vegetarian Sausage & Mash With Cabbage, Carrots & Gravy	Sweet & Sour Quorn with Rice & Vegetables	Vegetable Burger with Salad	Vegetable Fingers with Chips & Peas
3 rd Option	Pasta is available daily with either Cheese, Tomato or Tuna				
Pudding	Fruit Yogurt	Parkin	Winter Fruit Tart & Ice Cream	Honey, Raspberry & Oat Traybake	Gingerbread

**Vegetables and Salad
Served Daily**



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fruit is available daily. All gravy
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**WEEK
THREE**

Allergy Information

Item Name	Allergy Information
Ham & Sweetcorn Pinwheel Pizza and Baked Beans	Contains: wheat, dairy
Cheese & Tomato Pinwheel Pizza and Baked Beans	Contains: wheat, dairy
Fruit Yogurt	Contains: dairy
Sausage & Mash with Cabbage, Carrots & Gravy	Contains: dairy
Vegetarian Sausage & Mash with Cabbage, Carrots & Gravy	Contains: soya
Parkin	Contains: egg, wheat
Sweet & Sour Chicken with Rice & Vegetables	Contains: no allergens
Sweet & Sour Quorn with Rice & Vegetables	Contains: soya
Winter Fruit Tart & Ice Cream	Contains: dairy, wheat
Beef Burgers with Salad	Contains: wheat, soya
Vegetable Burgers with Salad	Contains: wheat, soya
Honey, Raspberry & Oat Traybake	Contains: egg, wheat
Battered fish or Salmon Fishcake and Chips with Peas	Contains: fish, wheat
Vegetable Fingers with Chips & Peas	Contains: wheat
Gingerbread	Contains: wheat, egg
Pasta with Cheese	Contains: wheat, dairy
Pasta with Tomato	Contains: wheat
Pasta with Tuna	Contains: wheat, fish

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Served Daily**



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