

WEEK ONE

West Pennard Food for Thought

20th April, 11th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese Straws, Ham and Salad	Chicken Sweetcorn & Tomato Pasta Bake with Veg	Crispy Lemon Chicken & Rice with Veg	Beef Burgers & Salad	Jacket Potato with Tuna Mayo & Salad
Vegetarian	Cheese Straws, Egg and Salad	Pea & Pesto Pasta & Veg	Crispy Lemon Quorn & Rice with Veg	Veg Burgers & Salad	Jacket Potato with Cheese and/or Beans & Salad
3 rd Option	Pita Bread available daily with either Cheese Salad, Egg & Cress mayo or Tikka Beans & Rice				
Pudding	Ice Cream Sundae on a Monday	Citrus Fruit Traybake	Raspberry Ripple Fifteens	Raspberry Ripple Cupcakes	Fresh Fruit Friday

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
Cheese Straws, Ham and Salad	Contains: wheat, dairy
Cheese Straws, Egg and Salad	Contains: wheat, dairy, egg
Ice Cream Sundae on a Monday	Contains: dairy
Chicken Sweetcorn & Tomato Pasta Bake with Veg	Contains: wheat
Pea & Pesto Pasta & Veg	Contains: wheat, dairy
Citrus Fruit Traybake	Contains: wheat, egg
Crispy Lemon Chicken & Rice with Veg	Contains: wheat
Crispy Lemon Quorn & Rice With Veg	Contains: wheat, egg, dairy
Fifteens	Contains: dairy
Beef Burgers & Salad	Contains: wheat, soya
Veg Burgers & Salad	Contains: wheat, soya
Raspberry Ripple Cupcakes	Contains: wheat, eggs
Jacket Potato with Tuna Mayo & Salad	Contains: egg, mustard, fish
Jacket Potato with Cheese and/or Beans & Salad	Contains: dairy
Fresh Fruit Friday	Contains: no allergens
Pitta with Cheese Salad	Contains: wheat, dairy
Pitta with Egg & Cress	Contains: wheat, egg, mustard
Pitta with Tikka beans & Rice	Contains: wheat, dairy

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 TWO

West Pennard Food for Thought

27th April, 18th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham & Pepper Panini Pizza with Salad Bar	Pasta with a Topping (Beef bolognaise or Mixed beans in tomato sauce or Cheese) & Salad	Chicken & Broccoli Bake with Vegetables	Hot Dogs with Salad Bar	Battered Fish or Salmon Fishcake, Chips & Peas
Vegetarian	Tomato, Basil & Mozzarella Panini Pizza with Salad Bar	Pasta with a Topping (Mixed beans in tomato sauce or Cheese) & Salad	Bean Buster with vegetables	Quorn Hot Dogs with Salad Bar	Vegetable Fingers, Chips & Peas
3 rd Option	Sandwiches are available daily with either cheese or ham or egg mayo with white or brown bread				
Pudding	Melon Monday	Apple & Custard Traybake	Jelly & Ice Cream	No Bake Biscuit Bars	Fruit Salad & Greek Yogurt

Vegetables and Salad Served Daily



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WEEK TWO

Allergy Information

Item Name	Allergy Information
Ham & Pepper Panini Pizza with Salad Bar	Contains: wheat, dairy
Tomato, Basil & Mozzarella Panini Pizza with Salad Bar	Contains: wheat, dairy
Melon Monday	Contains: no allergens
Pasta with a Topping (Beef bolognaise or Mixed beans in tomato sauce or Cheese) & Salad	Contains: wheat, dairy
Pasta with a Topping (Mixed beans in tomato sauce or Cheese) & Salad	Contains: wheat, dairy
Apple & Custard Traybake	Contains: wheat, eggs
Chicken & Broccoli Bake with Vegetables	Contains: wheat, dairy
Bean Buster with vegetables	Contains: wheat, dairy
Jelly & Ice Cream	Contains: dairy
Hot Dogs with Salad Bar	Contains: wheat, dairy
Quorn Hot Dogs with Salad Bar	Contains: wheat
No Bake Biscuit Bars	Contains: wheat, dairy
Battered Fish or Salmon Fishcake, Chips & Peas	Contains: fish, wheat
Vegetable Fingers, Chips & Peas	Contains: wheat
Fruit Salad & Greek Yogurt	Contains: dairy
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, mustard
Egg Mayo (Brown Bread)	Contains: wheat, egg, mustard

Vegetables and Salad Served Daily



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

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**WEEK
THREE**

West Pennard Food for Thought

4th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Brown or White Roll with Chicken & Sweetcorn Mayo or Avocado & Bacon & Salad Bar	Cheese Burger Pasta Bake & Peas	Sausage Rolls & Salad Bar	Chicken Burgers with Salad Bar	Fish Fingers & Potato Waffles & Baked Beans
Vegetarian	Brown or White Roll with Cheese & Cucumbers & Salad Bar	Mac & Cheese & Peas	Vegetarian Sausage Rolls & Salad Bar	Vegetarian Burger with Salad Bar	Scrambled Egg, Potato Waffles & Baked Beans
3 rd Option	Wraps are available daily with either Cheese & Cucumber, Breakfast Wrap with Sausage, Egg & Hash brown or Tuna Sweetcorn Mayo				
Pudding	Fruit Medley Monday	Sprinkle Cake	Upside Down Ice Cream Cone	Raspberry & Coconut Slice	Chocolate Biscuit

Vegetables and Salad Served Daily



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**WEEK
THREE**

Allergy Information

Item Name	Allergy Information
Brown or White Roll with Chicken & Sweetcorn Mayo or Avocado & Bacon & Salad Bar	Contains: wheat, egg
Brown or White Roll with Cheese & Cucumbers & Salad Bar	Contains: wheat, dairy
Fruit Medley Monday	Contains: No Allergies
Cheese Burger Pasta Bake & Peas	Contains: wheat, dairy, mustard
Mac & Cheese & Peas	Contains: wheat, egg, celery, dairy, soya, mustard
Sprinkle Cake	Contains: wheat, egg
Sausage Rolls & Salad Bar	Contains: wheat, sodium metabisulphite
Vegetarian Sausage Rolls & Salad Bar	Contains: wheat, soya
Upside Down Ice Cream Cone	Contains: wheat, dairy, soya
Chicken Burgers with Salad Bar	Contains: wheat, celery
Vegetarian Burger Rolls & Salad Bar	Contains: wheat, dairy, egg
Raspberry & Coconut Slice	Contains: wheat, egg
Fish Fingers & Potato Waffles & Baked Beans	Contains: fish, wheat
Scrambled Egg, Potato Waffles & Baked Beans	Contains: egg
Chocolate Biscuit	Contains: wheat, dairy, egg
Wrap with Cheese & Cucumber	Contains: wheat, dairy
Wrap with Tuna Sweetcorn Mayo	Contains: wheat, fish, egg, mustard
Breakfast Wrap with Sausage, Egg & Hash brown	Contains: wheat, egg

**Vegetables and Salad
Served Daily**



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