



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken meatballs (2) Italian tomato sauce Wholemeal pasta (2,7) seasonal vegetables	Roast Chicken Seasonal Vegetables Roast potatoes	Home made pizza (2,7) seasonal vegetables Salad	Braised beef in gravy or roast turkey Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	MSC Fish (2,5,7) or fish fingers (5) Chips Peas or Beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 2	Vegetable lasagne (1,2,7,9) Seasonal Vegetables	Pasta Pomadora (2,7) Roast potatoes Seasonal Vegetables	Three bean chilli con carne (7) Rice	Veggie toads (2,4,7,13,14) Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	Fishless Fingers (2,4,7) Chips Peas or Beans
OPTION 3	Filled rolls, wrap, & bagels (2,4,5,7,9) vegetable sticks and salad fruit, yoghurts (7) Cold dessert of the day	Filled rolls, wrap, & bagels (2,4,5,7,9) vegetable sticks and salad fruit, yoghurts (7) Cold dessert of the day	Filled rolls, wrap, & bagels (2,4,5,7,9) Vegetable sticks and salad Fruit Yoghurt (7) Cold dessert of the day	Filled rolls, wrap, & bagels (2,4,5,7,9) Vegetable sticks and salad Fruit yoghurt (7) Cold dessert of the day	Filled rolls, wrap, & bagels (2,4,5,7,9) Vegetable Sticks and salad Fruit Yoghurt (7) Cold dessert of the day
DESSERT CHOICE	Fruit Flapjack (2,4) served with custard (7) Fruit platter, yoghurts (7) Fruit fools (7) or fruit jelly	Mandarins, ice cream, granola (2,7,14) Yoghurt (7) Fruit platter Fruit fool (7) or fruit jelly	Rice pudding with mixed berries (7) Fruit platter Fruit fool (7) or fruit jelly	Marble sponge with custard (2,4,7) Yoghurt (7) Fruit platter Fruit fool (7) or Jelly	Cakes of the week... Pupils choice (2,4,7) Fruit platter Fruit Fools (7) Fruit Jelly

VEGETARIAN (V)

We also offer filled jacket potatoes (4,5,7,9), unlimited vegetables and salad to accompany meals as well as fresh baked bread (2,4,7)
Fresh water or milk to drink (7)

ALLERGENS

