

**Monday**



Organic Beef Grill (G.) in a Bun (G.)

or



(v) Vegetable Risotto Bake (G.D.)

Everyday choose from:

or



(v) Jacket Potato with Cheese (D.)



(v) Cheddar Cheese Soft Bap (G.D.) Ice Cream Tub (D), Raisin Box, Juice Carton

**Tuesday**



Bacon Medallion and Pork Sausage (G.S.U.)

or



(v) Cheesy Pasta (G.D.)

or



Jacket Potato with Tuna Mayonnaise (D.E.M.F.)

or



Roast Chicken Wrap (G.), Organic Yoghurt (D.) Fruit Bag, Juice Carton

**Wednesday**



Roast Chicken Joint or Fillet

or



(v) Vegetarian Chilli (very mild) (G.SB.)

or



(v) Jacket Potato with Cheese and Beans (D.)

or



Ham Soft Bap (G.), Homemade Shortbread (G.), Raisin Box, Milkshake (D.)

**Thursday**



Spaghetti Bolognese (D.G.)

or



(v) Rustic Margherita Pizza (D.G.)

or



Tuna Mayo Sandwich (F.E.G.SB), Organic Yoghurt (D.), Fruit Bag, Juice Carton

**Friday**



Fish Fingers (F.)

or



(v) Veggie Hot Dog (G.S.SB.SU.)

or



Egg Mayo Soft Bap (G.E.) Up Beet Chocolate Cake (G.SB.E.), Raisin Box, Milkshake (D.)

**Week 3 Dessert Menu**

Everyday we offer:

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(v) Ice Cream Tub (D.)

Tuesday

(v) Homemade Eve's Pudding with Custard (G.D.E.)

Wednesday

(v) Homemade Shortbread (G.)

Thursday

Strawberry Mousse with Jelly and Fruit (D.)

Friday

(v) Homemade Up Beet Chocolate Cake (G.SB.E.)

**PLEASE NOTE All Deli Bags are served with either Vegetable Sticks or a Salad Pot**

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

**Accompaniments may vary to those shown.**

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

**Key**

- V = vegetarian
- D = Dairy
- N = Coconut
- S = Sesame
- E = Egg
- G = Gluten/wheat
- F = Fish
- M = Mustard
- SB = Soya
- SU = Sulphites

