



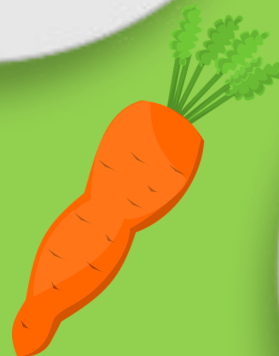
Monday

- ◇ Beef Bolognese (G)
- ◇ Quorn Bolognese (G,E)
- ◇ Filled Wholemeal Sandwich (G)
Cheese (M), Ham or Tuna (F)
& Cucumber Sticks
- Penne Pasta (G)
- Green Beans
- Vanilla Sponge (E,M,G)
& Custard (M)

What's the fastest vegetable?
A runner bean!

Tuesday

- ◇ Sweet & Sour Chicken
- ◇ Sweet & Sour Vegetables
- ◇ Jacket Potato with Tuna Mayo (F)
or Cheese (M) & Beans
- Boiled Rice
- Carrots
- Cornflake Tart (G)
& Custard (M)



Available daily:
Self service salad bar, Homemade whole-
meal or cheese bread, Fresh Milk & Chilled
Fruit Water, Fresh Fruit & Yoghurts.

Allergies: G=Gluten, E=Egg, M=Milk, F=Fish

MENU (Week 1)

Weeks commencing
7th & 21st September,
5th & 19th October

Wednesday

- ◇ Chicken & Vegetable Puff Pie (G)
- ◇ Quorn & Vegetable Puff Pie (G,E)
- ◇ Jacket Potato with Tuna Mayo (F)
or Cheese (M) & Beans
- New Potatoes
- Broccoli
- Iced Bun (M,E,G)

Meal choices should be made online
by logging on to your Parentpay
account.

Thursday

- ◇ Pork Sausage (G)
- ◇ Vegetarian Sausage (G)
- ◇ Filled Wholemeal Sandwich (G)
Cheese (M), Ham or Tuna (F)
& Cucumber Sticks
- Roast Potatoes
- Cabbage
- Gravy
- Banana Muffin (M,G,E)

Friday

- ◇ Breaded Cod Fillet (F,G)
- ◇ Cheese & Tomato Quiche
(E,M,G)
- ◇ Filled Wholemeal Sandwich (G)
Cheese (M), Ham or Tuna (M)
& Cucumber Sticks
- Chips
- Baked Beans
- Fruit Flapjack (G)

