

Carre's Grammar School
Autumn Term Week 3
Monday 14th September to Friday 18th September

Name **Class**

Monday 14th Sept		Tick
Main	Jacket potato with cheese served with mixed vegetables	
Main (V)	Roasted vegetables in a tom sauce served with pasta and mini corn on the cob	
Bread	Cheese baguette served with mini corn on the cob	
Dessert	Waffle served with a fruity sauce	
Dessert	fruit	

Tuesday 15th Sept		Tick
Main	Ham & cheese pastry tarts served with new potatoes and green beans	
Main (V)	Cheese and onion pastry tarts served with new potatoes and green beans	
Bread	Ham wrap served with carrot sticks	
Dessert	Toffee whip and biscuit	
Dessert	fruit	

Wednesday 16th Sept		Tick
Main	Chicken korma and rice with naan bread served with cauliflower(NOT SUITABLE FOR NUT ALLERGY)	
Main (V)	Vegetable korma and rice with naan bread & cauliflower (NOT SUITABLE FOR NUT ALLERGY)	
Bread	Folded naan filled with chicken mayonnaise served with cucumber	
Dessert	Apple crumble & Custard	
Dessert	fruit	

Thursday 17th Sept		Tick
Main	Roast beef with Yorkshire pudding, roast potatoes, carrots and gravy	
Main (V)	Nut roast with Yorkshire pudding, roast potatoes, carrots and gravy(NA)	
Bread	Tuna and cheese Panini with mixed salad	
Dessert	Oat & raisin cookie	
Dessert	Fruit	

Friday 18th sept		Tick
Main	Fishcake, sauté potatoes and baked beans	
Main (V)	Vegetable fingers sauté potatoes and baked beans	
Bread	Star shaped fish cake served in a bun and baked beans	
Dessert	Carrot cake	
Dessert	fruit	

Special Requirements Including any Food Allergies (NA) NOT SUITABLE FOR NUT ALLERGY	Total Meals : Cost per Meal :£2.30 Total Amount :£
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Please return this form and payment by Monday 7th September – cheques payable to LCC

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Please complete and detach this section and keep for your records (Parent's Copy)

Monday				Tuesday				Wednesday				Thursday				Friday			
M _{ain}	V _{eg}	D _{essert}	F _{ruit}	M _{ain}	V _{eg}	D _{essert}	F _{ruit}	M _{ain}	V _{eg}	D _{essert}	F _{ruit}	M _{ain}	V _{eg}	D _{essert}	F _{ruit}	M _{ain}	V _{eg}	D _{essert}	F _{ruit}