

Carre's Grammar School
Autumn Term Week 5
Monday 28th September to Friday 2nd October

Name Class

Monday 28 th September		Tick
Main	Chicken risotto served with garlic bread & carrots	
Main (V)	Vegetable risotto with garlic bread & carrots	
Bread	Chicken in a wrap with cherry tomatoes	
Dessert	Pancake & strawberry sauce	
Dessert	fruit	

Tuesday 29 th September		Tick
Main	Savoury minced beef puff pastry pie with sauté potatoes & mixed veg	
Main (V)	Savoury Quorn pie served with sauté potatoes & mixed veg	
Bread	ham baguette with cucumber	
Dessert	Lemon cake	
Dessert	fruit	

Wednesday 30 th September		Tick
Main	Cheesy pasta served with cauliflower & broccoli	
Main (V)	Creamy tomato pasta served with cauliflower & broccoli	
Bread	Egg mayonnaise served with carrot sticks	
Dessert	Fruit yoghurt	
Dessert	fruit	

Thursday 1 st October		Tick
Main	Lincolnshire sausages with mashed potato & beans	
Main (V)	Quorn sausage with mashed potato & beans	
Bread	Seeded roll with tuna mayonnaise & a mixed salad	
Dessert	Jelly & ice cream	
Dessert	fruit	

Friday 2 nd October		Tick
Main	salmon and broccoli in a creamy tomato sauce served with new potatoes & peas	
Main (V)	Roasted vegetables in a creamy tomato sauce served with new potatoes & peas	
Bread	Salmon fish fingers served in a bun with peas	
Dessert	Cocoa cookie	
Dessert	fruit	

Special Requirements Including any Food Allergies (NA) NOT SUITABLE FOR NUT ALLERGY	Total Meals : Cost per Meal :£2.30 KS2 Total Amount :£
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Please return this form and payment by Monday 21st September – cheques payable LCC

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

Monday				Tuesday				Wednesday				Thursday				Friday			
Main	Veg	Dessert	Fruit	Main	Veg	Dessert	Fruit	Main	Veg	Dessert	Fruit	Main	Veg	Dessert	Fruit	Main	Veg	Dessert	Fruit