

Carre's Grammar School
Winter Term Week 5
Monday 1st February to Friday 5th February

Name **Class**

Monday 1st Feb		Tick
Main	Baked ham, mashed potato served with carrots	
Main (V)	Quorn fillet, mashed potato served with carrots	
Bread	NO BREAD OPTION	
Dessert	Chocolate & pear sponge served with chocolate custard	
Dessert	Fruit	

Tuesday 2nd Feb		Tick
Main	Meatballs in tomato sauce served with rice and peas	
Main (V)	Quorn balls in a tomato sauce served with rice and peas	
Bread	Egg mayonnaise sandwich served with cucumber	
Dessert	Assorted mini muffin	
Dessert	Fruit	
Dessert	yoghurt	

Wednesday 3rd Feb		Tick
Main	Cheese Omelette With New Potatoes and baked beans	
Main (V)	Roasted Vegetable Omelette With New Potatoes and baked beans	
Bread	NO BREAD OPTION	
Dessert	Fruit cobbler & custard	
Dessert	Fruit	
Dessert	yoghurt	

Thursday 4th Feb		Tick
Main	Chicken fillet, stuffing, roast potatoes, broccoli & cauliflower & gravy	
Main (V)	Nut roast, stuffing, roast potatoes, broccoli, cauliflower & gravy	
Bread	Chicken & stuffing roll served with carrot sticks	
Dessert	Raspberry & apple Flapjack	
Dessert	Fruit	
Dessert	yoghurt	

Friday 5th Feb		Tick
Main	Fish & vegetables in a creamy sauce, puff pastry top, sauté' potatoes served with mixed vegetables	
Main (V)	Stuffed mushrooms, sauté potatoes served with mixed vegetables	
Bread	Fish finger in a roll served with a mixed salad	
Dessert	cookie	
Dessert	Fruit	
Dessert	yoghurt	

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 25th January 2016 – 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		
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}