

Carres Grammar School
Week 5
4th July – 8th July 2016

Spring / summer

Name **Class**

Monday		Tick
Main	Sweet & sour chicken, rice served with peas	
Main (V)	Tomato & basil roasted vegetables, rice served with peas	
Bread	cheese roll With Peas	
Dessert	Gingerbread Biscuit	
Dessert	Fruit	
Dessert	yoghurt	

Tuesday		Tick
Main	Sliced turkey, jacket potato, homemade coleslaw served with salad	
Main (V)	Jacket potato, cheese homemade coleslaw served with salad	
Bread	Turkey wrap With Salad	
Dessert	Jam roly poly and custard	
Dessert	Fruit	
Dessert	yoghurt	

Wednesday		Tick
Main	Warm Cheese Wrap With New Potatoes & Baked Beans	
Main (V)		
Bread	Ham Wrap With New Potatoes & Baked Beans	
Dessert	Chocolate brownie	
Dessert	Fruit	
Dessert	yoghurt	

Thursday		Tick
Main	Sausage, Yorkshire pudding, mash potato served with carrots and gravy	
Main (V)	Quorn sausage, mash potato served with carrots and gravy	
Bread	No Bread Option	
Dessert	Waffles and strawberry sauce	
Dessert	Fruit	
Dessert	yoghurt	

Friday		Tick
Main	Fish pie served with mixed vegetables	
Main (V)	Vegetable nuggets, sauté potatoes served with mixed vegetables	
Bread	Tuna mayonnaise Baguette With Mixed Vegetables	
Dessert	Strawberry whip served with a wafer curl	
Dessert	Fruit	
Dessert	yoghurt	

Special Requirements Including any Food Allergies	Total Meals : Cost per Meal :£2.30 KS2 Total Amount :£

Please return this form and payment by Monday 27th June – 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/ F/ Y	M _{ain} V _{eg} D/ F/ Y	M _{ain} V _{eg} D/ F/ Y	M _{ain} V _{eg} D/ F/ Y	M _{ain} V _{eg} D/ F/ Y