

Week 7
17th Oct – 21st Oct
Autumn Term

Name Class/Year

Monday		Tick
Main	Chicken fajita served with basmati rice & diced carrot	
Main (V)	Roasted vegetable curry served with basmati rice & diced carrot	
Bread	Cheese roll, yoghurt, fruit, cookie or cake	
Dessert	Jam & coconut sponge served with custard	
Dessert	Fruit	
Dessert	yoghurt	

Tuesday		Tick
Main	Tuna & cheese panini served with mini corn on the cob	
Main (V)	Cauliflower, broccoli & cheese bake served with crusty bread & mini corn on the cob	
Bread	Ham wrap, yoghurt, carrot sticks, cookie or cake	
Dessert	Homemade cookie	
Dessert	Fruit	
Dessert	yoghurt	

Wednesday		Tick
Main	Ham omelette served with jacket potato & baked beans	
Main (V)	Cheese & tomato omelette Jacket potato & baked beans	
Bread	Chicken mayonnaise baguette, fruit, yoghurt, cake or cookie	
Dessert	Syrup sponge & custard	
Dessert	Fruit	
Dessert	yoghurt	

Thursday		Tick
Main	Cottage pie served with Yorkshire pudding, broccoli & gravy	
Main (V)	Savoury Quorn pie served with Yorkshire pudding, broccoli & gravy	
Bread	Turkey sandwich, yoghurt, fruit cake or cookie	
Dessert	Chocolate mousse & café curl	
Dessert	Fruit	
Dessert	yoghurt	

Friday		Tick
Main	Jumbo fish finger served with sauté potatoes & peas	
Main (V)	Roasted vegetable tart served with sauté potatoes & peas	
Bread	Tuna mayonnaise roll, yoghurt, fruit, cake or cookie	
Dessert	flapjack	
Dessert	Fruit	
Dessert	yoghurt	

Special Requirements Including any Food Allergies	Total Meals : Cost per Meal :£2.30 KS2 Total Amount :£
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Please return this form and payment by Monday 10th October, 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