

Week 5
3rd Oct – 7th Oct
Autumn Term

Name Class

Monday		Tick
Main	Chicken in a tomato & basil sauce served with basmati rice & broccoli	
Main (V)	Vegetable spring roll served with a sweet & sour sauce, basmati rice & broccoli	
Bread	Ham roll, fruit, yoghurt, cake or cookie	
Dessert	Lemon roly poly & custard	
Dessert	Fruit	
Dessert	yoghurt	

Tuesday		Tick
Main	Lasagne served with new potatoes & peas	
Main (V)	Sweet potato, spinach & mozzarella tart served with new potatoes & peas	
Bread	Cheese sandwich, fruit, yoghurt, cake or cookie	
Dessert	Homemade cookie	
Dessert	Fruit	
Dessert	yoghurt	

Wednesday		Tick
Main	Ham pizza served with arrabiatta pasta & sweetcorn	
Main (V)	Cheese & tomato pasta served with arrabiatta pasta & sweetcorn	
Bread	Tuna mayonnaise wrap, fruit, yoghurt, cake or cookie	
Dessert	Chocolate brownie & chocolate sauce	
Dessert	Fruit	
Dessert	yoghurt	

Thursday		Tick
Main	Roast chicken, stuffing served with roast potatoes & a carrot & swede mash	
Main (V)	Quorn nuggets, stuffing served with roast potatoes & a carrot & swede mash	
Bread	Chicken tikka baguette, fruit, yoghurt, cake or cookie	
Dessert	Strawberry whip & a café curl	
Dessert	Fruit	
Dessert	yoghurt	

Friday		Tick
Main	Breaded salmon fingers served with a jacket potato & baked beans	
Main (V)	Vegetable risotto served with a curry sauce & diced carrot	
Bread	Turkey roll, fruit, yoghurt, cake or cookie	
Dessert	Iced lemon cake	
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 26th September, cheques payable LCC

.....

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