

Week 5
28th November – 2nd December
Autumn Term

Name Class/Year

| 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 Garlic Bread & 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 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 | |

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| Special Requirements Including any Food Allergies | Total Meals : Cost per Meal :£ Price Total Amount :£ |
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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 |