

**TEDDER C P SCHOOL**

**Week 4**

September- January

**Autumn Term**

**25th – 29<sup>th</sup> September**

Name ..... Class/Year .....

<b>Monday</b>		<b>Tick</b>
Main	Chicken korma served with rice, peas & naan bread	
Main (V)	Mixed beans in a salsa sauce served with rice, peas & naan bread	
Bread	Tuna mayo roll, yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Jammy shortcake & custard	
Dessert	Fruit	
Dessert	yoghurt	

<b>Tuesday</b>		<b>Tick</b>
Main	Creamy tomato & cheese pasta bake served with mixed vegetables	
Main (V)	Pesto pasta, served with grated cheese & mixed vegetables	
Bread	Ham baguette, yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	muffin	
Dessert	Fruit	
Dessert	yoghurt	

<b>Wednesday</b>		<b>Tick</b>
Main	Breaded Chicken fillet served with new potatoes & baked beans	
Main (V)	Vegetable burger served with new potatoes & baked beans	
Bread	Chicken wrap yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Chocolate orange sponge & custard	
Dessert	Fruit	
Dessert	yoghurt	

<b>Thursday</b>		<b>Tick</b>
Main	Sausage, Yorkshire pudding served with mash potatoes, carrots & gravy	
Main (V)	Quorn mince & vegetable casserole served Yorkshire pudding with mash potatoes, carrots & gravy	
Bread	Turkey sandwich , yoghurt, fruit or vegetable sticks cake or cookie	
Dessert	cookie	
Dessert	Fruit	
Dessert	yoghurt	

<b>Friday</b>		<b>Tick</b>
Main	Breaded fish served with sauté potatoes & sweetcorn	
Main (V)	Roasted vegetables & lentils in a tomato & basil sauce served with sauté potatoes & sweetcorn	
Bread	Cheese roll, yoghurt, fruit or vegetable sticks, cake or cookie	
Dessert	flapjack	
Dessert	Fruit	
Dessert	yoghurt	

Special Requirements Including any Food Allergies	<p><b>Total Meals :</b></p> <p><b>Cost per Meal :£ Price</b></p> <p><b>Total Amount :£</b></p>
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Please return this form and payment by **MONDAY 18<sup>TH</sup> SEPTEMBER**

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**Please complete and detach this section and keep for your records (Parent's Copy) Tues 5<sup>th</sup> Sept**

Monday	Tuesday	Wednesday	Thursday	Friday
M <sub>ain</sub> V <sub>eg</sub> D/ F/ Y	M <sub>ain</sub> V <sub>eg</sub> D/ F/ Y	M <sub>ain</sub> V <sub>eg</sub> D/ F/ Y	M <sub>ain</sub> V <sub>eg</sub> D/ F/ Y	M <sub>ain</sub> V <sub>eg</sub> D/ F/ Y