

## Todmorden CE J, I & N School

### Week 1 From July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs in tomato sauce with wholemeal pasta & salad	Roast turkey, roast potatoes, gravy, carrots & sprouts	Fish fingers, chips, peas & sweetcorn	Meat & potato pie, mushy peas & red cabbage	Sausage with gravy, potato wedges carrots & broccoli
Vegetarian enchiladas with salad sticks	Tomato soup with cheese & red pepper panini	Homemade quorn shepherd's pie with peas & sweetcorn	Jacket potato with cheese, tuna & side salad	Mediterranean quiche, potato wedges, carrots & broccoli
Spiced apple crumble with custard	Rice pudding with raspberry jam	Eve's pudding with vanilla custard	Homemade fruity flapjack	Homemade vanilla iced sponge
Fresh fruit salad	Blueberry muffin	Toffee whip with sliced banana	Cheese & crackers with grapes	Strawberry yoghurt
Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water

<p style="text-align: center; color: green;">Healthier choice</p> <p style="color: blue;">Meal choice which is higher in fat</p> <p style="color: red;">Pudding which is higher in sugar</p> <p>Vegetarian and Halal meals daily</p>	<p>All meals are freshly prepared on the premises.</p> <p style="text-align: center;">Water and milk is served daily</p> <p>Every meal is served with fresh vegetables.</p> <p style="text-align: center;">Dietary Requirements catered for.</p>	<p>All children are encouraged to make healthy choices.</p> <p>Our puddings now have 25% less sugar and use more fruit.</p>
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