

WEEK 1

3 Sept, 24 Sept
15 Oct

LUNCH TIME



Monday

MEAT FREE Jacket Potato Day

Choose from your favourite fillings: Tuna Mayo, Cheese, Baked Beans or Quorn Bolognese (v)



Coleslaw



Salad Bar-choice of at least 6 Salads



Egg Mayonnaise Tortilla Wrap served with Pasta Salad and Vegetable Sticks



Eton Mess

Tuesday

Crispy Polenta Chicken
or
Stuffed Peppers with Moroccan Couscous (v)



Rainbow Pasta with Smoky Tomato Sauce
Sweetcorn and Red Pepper Salad



Salad Bar- choice of at least 6 Salads



Wholemeal Sub Roll filled with Crispy Bacon served with Mixed Salad and Vegetable Sticks



Angel Delight Topped with Fresh Fruit

Wednesday

ROAST

Roast Gammon with Sage & Onion Stuffing, Gravy and Yorkshire Puddings
or

Spinach and Potato Bake (v)



Roast Potatoes
Cauliflower
Green Beans



Fruit Smoothie

Thursday

All Day Breakfast:
Sausage, Bacon and Egg served with a Floured Bap
or
Vegetarian Sausage and Egg served with a Floured Bap (v)



Baked Beans, Tomatoes
Mushrooms



Salad Bar- choice of at least 6 Salads



Pasta Bowl topped with Ham & Pineapple



Fresh Fruit salad with Ice Cream

Friday

FISH FRIDAY!

New! Crispy Fish Sticks
or
Tomato and Red Onion Tart (v)



Chips
BBQ Beans
Peas



Salad Bar choice of at least 6 Salads



Peach Melba Sponge Tray Bake.



Also available daily - Fresh Fruit; Yeo Valley yoghurt; Jelly; Fresh Milk and Water

