

Pupil Name.....

Class.....

Allergens / Intolerances.....

Week One

Please use the tick box to make choice

Monday

Main Course: Chicken & Vegetable Curry

Vegetarian Choice: Cheese Jacket Potato

Vegetables of the Day: Peas

Dessert of the Day: Spiced Apple Sponge & Custard

Tuesday

Main Course: Traditional Lasagne

Vegetarian Choice: Country Vegetable Pie

Vegetables of the Day: Mixed Fresh Salad

Dessert of the Day: Fruit Shortbread

Wednesday

Main Course: Roast Gammon Ham

Vegetarian Choice: Spicy Vegetable Burrito

Vegetables of the Day: Broccoli & Carrots

Dessert of the Day: Fruit Salad & Ice Cream

Thursday

Main Course: Meat Feast Pizza

Vegetarian Choice: Margherita & Spinach Pizza

Vegetables of the Day: Coleslaw & Sweetcorn

Dessert of the Day: Banana Cake & Custard

Friday

Main Course: Fish Fingers

Vegetarian Choice: Vegetable Crumble

Vegetables of the Day: Garden Peas & Baked Beans

Dessert of the Day: Fruity Friday Flapjack

Available Daily:

Fresh Water. Bread. Fresh Salad.

Choice of Fresh Fruit. Assorted Yoghurts.



Week Two

Please use the tick box to make choice

Monday

Main Course: Italian Chicken

Vegetarian Choice: Cheese Jacket Potato

Vegetables of the Day: Vegetable Medley

Dessert of the Day: Pineapple Upside Down Cake

Tuesday:

Main Course: Cottage Pie

Vegetarian Choice: Cheese/ Tomato Pinwheel

Vegetables of the Day: Garden Peas & Carrots

Dessert of the Day: Rice Pudding & Sultanas

Wednesday

Main Course: Roast Breast of chicken

Vegetarian Choice: Vegetable Parcels

Vegetables of the Day: Cauliflower Cheese & Broccoli

Dessert of the Day: Oat & Sultanan Cookie

Thursday

Main Course: Spicy Beef Pizza

Vegetarian Choice: Vegetable Pizza

Vegetables of the Day: Mixed Crunchy Salad & Coleslaw

Dessert of the Day: Jelly & Mandarins

Friday

Main Course: Golden Fish Fingers

Vegetarian Choice: Cheese & Red Onion Flan

Vegetables of the Day: Baked Beans

Dessert of the Day: Lemon & Courgette Muffin

Available Daily:

Fresh Water. Bread. Fresh Salad.

Choice of Fresh Fruit. Assorted Yoghurts.



Week Three

Please use the tick box to make choice

Monday

Main Course: Chicken Chow Mein

Vegetarian Choice: Cheese Jacket Potato

Vegetables of the Day: Vegetable Medley

Dessert of the Day: Chocolate Mousse

Tuesday:

Main Course: Minced Beef & Vegetable Hot Pot

Vegetarian Choice: Broccoli, Cheese & Potato Bake

Vegetables of the Day: Carrots & Peas

Dessert of the Day: Apple & Berry Crumble

Wednesday

Main Course: Roast Beef & Yorkshire Pudding

Vegetarian Choice: Macaroni & Sweetcorn Cheese

Vegetables of the Day: Broccoli & Carrots

Dessert of the Day: Ice Cream & Fruit Cocktail

Thursday

Main Course: Barbeque Chicken Pizza

Vegetarian Choice: Cheese & Vegetable Pizza

Vegetables of the Day: Mixed Salad & Fruity Coleslaw

Dessert of the Day: Very Berry Muffin

Friday

Main Course: Golden Fish Cake

Vegetarian Choice: Cheese Omelette

Vegetables of the Day: Baked Beans & Peas

Dessert of the Day: Chocolate Pudding & Custard

Available Daily:

Fresh Water. Bread. Fresh Salad.

Choice of Fresh Fruit. Assorted Yoghurts.

