

School Meal Choices Week 3



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Chicken Goujons Chicken Goujons Served with savoury rice & sweetcorn



Spaghetti Bolognaise
Choose from fresh minced beef
or Veggie mince cooked with
onions, garlic, tomatoes, and
herbs, served on a bed of
pasta with broccoli.



WEDNESDAY

Roast Dinner Choose from roast meat of the day or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy



THURSDAY

Hotdogs
Choose from a Butcher's
quality sausage or Quorn
sausage served in a
finger roll & corn on the cob.

Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans.

FRIDAY



Jacket Potatoes are also available daily as a hot alternative

Or

Deli Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.

Dessert

Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day

Drink

A selection of fruit juices and water will be available daily

DISHES			T.				Milk		MUSTARD					
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken goujons & savoury rice		~					~							
Quorn fillet & savoury rice		~												
Pasta bolognaise		√					·							
Quorn bolognaise		٧		~										
Roast Gammon with Yorkshire Pudding		~		√			~							
Quorn Roast		✓												
Hotdog & wedges		~												٧
Quorn hotdog		~												
Battered Fish & chips		~			V									
Fish fingers & chips		~			~									
Salmon Fillet					✓	10						0	0.5	
Fruit crumble & custard		1					~							
Jelly & cream							~							
Iced Sponge		✓		~			~							
Hobnobs		~												