

# School Meal Choices Week 2



# момдау

#### TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY



Choose from either marinated BBQ chicken or Marinated Quorn fillets served as a vegetarian option served with savoury rice



Homemade Pizza
Choose from cheese & tomato or
pepperoni served with sweetcorn
and potato wedges.



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



chilli Nachos Choose from either fresh minced beef or Veggie mince cooked with onions, mild chilli powder, red peppers and red kidney beans & nachos and served on a bed rice. Fish & Chips
Choose from either Battered
Cod fillet, Cod fillet fish
fingers in a wrap, or Quorn
nuggets oven and served
with chips and peas or
baked beans



Jacket Potatoes are also available daily as a hot alternative

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#### 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, 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 <sub>A</sub>			lipin Flour	Milk		MUSTARD					
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BBQ chicken & savoury rice														
BBQ Quorn & savoury rice	8	V												
Homemade Pizza		1					1							
Roast Gammon with Yorkshire Pudding		~		4			~							
Quorn Roast		1												
Chilli Nachos		1												
Quorn chilli nachos				٧										
rice														
Battered Fish & chips		1	2		4									
Fish Fingers & Chips		~			4			9						
Cookies		1												
Sticky Toffee Pudding		1		<b>4</b>			1							
Ice Cream							4							
Chocolate Cake and Chocolate Sauce		1		~			1							
Shortbread	132	-	1											