

School Meal Choices Week 1



MONDAY

Mac & Cheese
Marconi pasta cooked in a
cheese sauce and topped with
cheese and baked in the oven
until golden, and served with
crispy bacon and sweetcorn

TUESDAY



Meatballs
Fresh pork or Quorn
meatballs baked in the oven
and served with mash,
broccoli and gravy

WEDNESDAY



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

THURSDAY



Creamy Chicken Curry Choose from a homemade Creamy Chicken Curry or a Sweet Potato & Lentil Curry served with Basmati Rice, Naan bread.

FRIDAY

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.



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			***			Print Rout	Milk		[MLSTMD]					
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mac & Cheese		1					1							
Pork meatballs in gravy		1											٧	٧
Mashed potato							٧.							
Veggie meatballs	V	·		V					√			٧	√	
Roast Turkey & Yorkshire pudding		4		4			4							
Quorn Roast		-												
Creamy Chicken Curry & Naan		· /												
Quorn curry & Naan		~		1										
Salmon					1									
Battered Fish & chips		4		3	4									
Fish Fingers & Chips		~			1									
Melting moments		1		5										
Raspberry Muffin							4							
Lemon drizzle		-		1			4							
Chocolate Cookie		1												
Flapjack		Ŋ												