Healthy Food Brighter Minds

SCHOOL MENU

Week 1

Tasty Meals for a Happier, Healthier You!

Good Food Great Learning!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Pasta Bake (2,7) **Veggie Sausage Pasta Bake (2,7)** With corn on the cob or beans	**Sweet & Sour Chicken** **Sweet & Sour Quorn Pieces** With egg noodles (4) and prawn crackers (3)	**Roast Pork** **Quorn Roast (4)** With roast potatoes, Yorkshire pudding (4,7), veg and gravy	**Chicken Meatballs (2)** **Meat-free Meatballs (2,13)** With spaghetti (2), garlic bread (2) & veg	**Fish Portion (2,5)** **Veggie Sausages (2)** With chips, beans & peas
Jacket Potato: Cheese (7), Tuna mayo (3,4) or Beans	Jacket Potato: Cheese (7), Tuna mayo (3,4) or Beans	Jacket Potato: Cheese (7), Tuna mayo (3,4) or Beans	Jacket Potato: Cheese (7), Tuna Mayo (3,4) or Beans	Jacket Potato: Cheese (7), Tuna mayo (3,4) or Beans
Fresh Sandwich White/Wholemeal (2): Cheese (7), Ham, Tuna mayo (3,4) or Chicken mayo (4)	Fresh Baguette (2): Cheese (7), Ham, Tuna mayo (3,4) or Chicken mayo (4)	Fresh Sandwich White/Wholemeal (2): Cheese (7), Ham, Tuna mayo (3,4) or Chicken mayo (4)	Fresh Baguette (2): Cheese (7), Ham, Tuna Mayo (3,4) or Chicken mayo (4)	Fresh Sandwich White/Wholemeal (2): Cheese (7), Ham, Tuna mayo (3,4) or Chicken mayo (4)
Strawberry Angel Delight (7)	**Blueberry Muffin (2,4,7)**	**Fruit Jelly with Fruit Pieces**	**Jam and Coconut Sponge (2,4)**	**Ice Cream (7)**
				



Salad cart, fresh fruit pots, fruit yogurt (7) and water/milk (7) available everyday.



FUEL YOUR FUTURE

Menu Allergen Key

1 - Celery
2 - Cereals Containing Gluten
3 - Crustaceans
4 - Eggs
5 - Fish
6 - Lupin
7 - Milk
8 - Molluscs
9 - Mustard
10 - Tree nuts
11 - Peanuts
12 - Sesame seeds
13 - Soya
14 - Sulphur dioxide and sulphites

Please speak to a member of staff if you have any questions about allergens. ☺

Kind People ♥ Healthy Choices ♥ Bright Futures