

SOYA, TOMATO & POTATO FREE School Meals Menu for 5th September to 19th October 2018

Week 1

W/C. 5th September & 24th September & 15th October

.....MONDAY.....

V Creamy Cheese Pasta
V Plain pasta
Served with Garlic Bread & salad bar
V Special Cookies & Fresh Fruit

.....TUESDAY.....

All Day Breakfast!! Bacon, Sausage, Omelette, and bread
V Jelly Pots & Fresh Fruit

.....WEDNESDAY.....

Spaghetti with Cheese and Ham & seasonal vegetables
V Choice of Yoghurt pots & Fresh Fruit

.....THURSDAY.....

Chicken burger served in a bun & seasonal vegetables
V Special Bar & Fresh Fruit

.....FRIDAY.....

FISH FRIDAY!!
Omega 3 Fish Fingers with Cous Cous & seasonal vegetables
V Homemade Dessert & Fresh Fruit

Week 2

W/C. 10th September & 1st October

.....MONDAY.....

V Creamy Cheese Pasta
V Plain pasta
Served with Garlic Bread & salad bar
V Choice of ice cream pots & Fresh Fruit

.....TUESDAY.....

Crispy Chicken Wrap, with choice of sauce, fluffy vegetable rice & salad bar
V Special Cake & Fresh Fruit

.....WEDNESDAY.....

Butchers beef burger served in a bun & seasonal vegetables
V Special Cookies & Fresh Fruit

.....THURSDAY.....

NEW! Chicken Delight!
Butchers chicken breast topped Cheesy sauce
Served with cous cous & salad bar
V Choice of Yoghurt pots & Fresh Fruit

.....FRIDAY.....

FISH FRIDAY!!
Fish Portion with Cous Cous & seasonal vegetables
V Homemade Dessert & Fresh Fruit

Week 3

W/C. 17th September & 8th October

.....MONDAY.....

Wrap with Fish Burger served with cous cous & salad bar
V Special Yoghurt pots & Fresh Fruit

.....TUESDAY.....

Roast Dinner Day!
Butchers Chicken breast with Yorkshire pudding and seasonal vegetables
V Jelly Pots & Fresh Fruit

.....WEDNESDAY.....

Hot Dog served in a bun with a choice of sauce, tortilla chips with dips & salad cart
V Special Cookies & Fresh Fruit

.....THURSDAY.....

Spaghetti topped with Cheese and Ham served with seasonal vegetables
V Cheddar cheese & crackers & Fresh Fruit

.....FRIDAY.....

FISH FRIDAY!!
Omega 3 Fish Fingers with Cous Cous & seasonal vegetables
V Homemade Dessert & Fresh Fruit

*** Water & Milk freely available every day, all meat is supplied from a local Butcher, all cakes and biscuits are made by the kitchen staff ***