

School Meals Menu for 5th September to 19th October 2018

Week 1

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

.....MONDAY.....

Pasta Bake Day!

V Creamy Cheese Free From Pasta

Or V Plain Free From Pasta

Served with salad bar

V Free From Biscuits & Fresh Fruit

.....TUESDAY.....

All Day Breakfast!! Bacon, Sausage, Omelette and baked beans

V Jelly Pots & Fresh Fruit

.....WEDNESDAY.....

Butchers beef Bolognese served with free from spaghetti & seasonal vegetables

V Tomato & Basil Sauce with free from spaghetti & seasonal vegetables

V Choice of Yoghurt pots & Fresh Fruit

.....THURSDAY.....

Free From Chicken burger served in a Free From bun with curly fries & seasonal vegetables

V Free From Wafer and Sauce & Fresh Fruit

.....FRIDAY.....

FISH FRIDAY!!

Free From Fish Fingers with oven chips & seasonal vegetables

V Homemade Dessert & Fresh Fruit

Week 2

W/C. 10th September & 1st October

.....MONDAY.....

Pasta Bake Day!

V Tomato and ham Free From Pasta

Or V Plain Free From Pasta

Served with salad bar

V Choice of ice cream pots & Fresh Fruit

.....TUESDAY.....

Free From Crispy Chicken, with choice of sauce, fluffy vegetable rice & salad bar

V Free From Cake & Fresh Fruit

.....WEDNESDAY.....

Free From beef burger served in a free from bun with curly fries & seasonal vegetables

V Free From Biscuits & Fresh Fruit

.....THURSDAY.....

NEW! Chicken Delight!

Butchers chicken breast topped with a choice of BBQ, Cheesy or Pizza sauce

Served with jacket potato & salad bar

V Choice of Yoghurt pots & Fresh Fruit

.....FRIDAY.....

FISH FRIDAY!!

Free From Fish Portion with oven chips & seasonal vegetables

V Homemade Dessert & Fresh Fruit

Week 3

W/C. 17th September & 8th October

.....MONDAY.....

V Cheese & Tomato Free From Pizza served with Free From bread & salad bar

V Choice of Yoghurt pots & Fresh Fruit

.....TUESDAY.....

Roast Dinner Day!

Butchers Chicken breast with Roast potatoes and seasonal vegetables

V Jelly Pots & Fresh Fruit

.....WEDNESDAY.....

Free From Hot Dog served in a Free From bun with a choice of sauce, tortilla chips with dips & salad cart

V Free From Biscuits & Fresh Fruit

.....THURSDAY.....

Free From Spaghetti and meatballs served with seasonal vegetables

V Tomato & Basil Sauce with Free From spaghetti & seasonal vegetables

V Cheddar cheese & crackers & Fresh Fruit

.....FRIDAY.....

FISH FRIDAY!!

Free From Fish Fingers with oven chips & 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 ***