

**Monday**



Organic Pork Meatballs (G.)

or



(v) Cheddar Cheese and Potato Pie (D.E.)

**Everyday choose from:**



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (D.E.M.F.)

or



(v) Jacket Potato with Cheese and Beans (D.)

**Tuesday**



Mild and Creamy Chicken Curry (D.)

or



(v) Farmhouse Omelette (D.E.)

**Wednesday**



Roast Beef in Gravy

or



(v) Chinese Style Quorn with Noodles (S.B.E.G.)

**Thursday**



Cheesy BBQ Bacon Pasta (G.D.)

or



(v) Rustic Margherita Pizza (D.G.)

**Friday**



Breaded Pollock Fillet (F.S.B.)

or



(v) Pasta in a Rich Tomato Sauce (D.G.)

**Week 3 Dessert Menu**

Everyday we offer (v) Yeo Valley organic yoghurt, (D.) and fresh fruit as alternative options

- Monday  
(v) Homemade Apple Crunch Pudding (G.SU.) with Custard (D.) or  
(v) Homemade Carrot and Orange Cookie (G.)
- Tuesday  
(v) Homemade Iced Blueberry Muffin (G.D.E.)
- Wednesday  
(v) Homemade Shortbread (G.)
- Thursday  
(v) Ice Cream Tub (D.)
- Friday  
(v) (v) Homemade Up Beet Chocolate Cake (G.SB.D.E.) with Hot Chocolate Sauce (D.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

**Accompaniments may vary to those shown.**

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

**Key**

V = vegetarian	G = Gluten/wheat
D = Dairy	F = Fish
N = Coconut	M = Mustard
S = Sesame	SB = Soya
E = Egg	SU = Sulphites

