



SCHOOL LUNCH MENU

WEEK 3	Meat/Fish	Vegetarian	Carbohydrates Side	Seasonal Vegetables	Desserts
Happy Monday	Chicken Nuggets or Gluten Free / no Dairy option	Vegan Sticks	Mini Potato Waffles or Pasta	Green Beans Sweetcorn (Baked Beans)	Chocolate Muffins or Gluten Free / no Dairy option
International Tuesday	Chinese Style Sweet and Sour Chicken with Spring Rolls	Chinese Style Sweet and Sour Quorn with Spring Rolls	Rice or Pasta	Broccoli Cauliflower	Traditional Carrot Cake or Gluten Free option
Roast Day Wednesday	Pig in Blanket with Yorkshire Pudding and Gravy or Gluten Free option	Southern Fries Quorn (ChiQin) with Gravy	Roast Potato or Pasta	Savoy Cabbage Baby Carrots	Fruit Smoothie (frozen)
Tasty Thursday	Danish Style Beef Meatballs in Tomato Sauce with Garlic Bread or Gluten Free option	Quorn Danish Style Balls in Tomato Sauce with Garlic Bread	Spaghetti (gluten free spaghetti)	Sweetcorn Garden Peas	Apple Crumble with Custard or Gluten Free / no Dairy option
Friday Funday	Home Made 3 Cheese Pizza with Peperoni	Young Seafood Flipper Dippers (fish) or Gluten Free option	Oven Chips or Pasta	Corn on the Cob Garden Peas	Fruit Salad
Mouth – watering Home cooked food cooked fresh, every day.		Fresh Fruit, Fresh Baked Bread, Variety of Fresh Salads, Coleslaw, Couscous, Yoghurt and Jacket Potato with Baked Bean/Cheese offered daily.			Healthy eating is our vision.