

School Menu. Week 3					
Menu Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<u>MEAT FREE MONDAY</u> Cheese & tomato deep pan pizza (W/M)	<u>CHILDRENS FAVOURITE</u> Spaghetti bolognese (W)	Oven baked pork sausage(W/Su)	Homemade chicken fajita(W)	Fish fingers (W/F)
Vegetarian	Cheese & tomato deep pan pizza (W/M)	Quorn balls in tomato sauce (W)	Quorn sausage (W)	Southern baked quorn burger (W)	Crispy dippers (W)
Sides	Tricolour pasta (W), sweetcorn	Garlic bread (W), green beans	Hash brown, baked beans, omelette (E/M),50/50 bread (W/So)	Mixed rice, mixed salad	Chips, peas
Dessert	Trio of fruit	Lemon drizzle cake (W/E)	Fruit wedges	HJS shortbread (W)	Cooks choice (W/E/M/So)
Plus the self service salad bar. A portion of fruit & bread(W/So) is served with each meal. Drinking water & semi skimmed milk(M) is provided. Yogurts(M) or fruit are available as an alternative dessert.					
Cold Lunch Option	Cheese baguette (W/M)	Ham baguette (W)	Sausage baguette with tomato ketchup (W/Su)	Ham baguette (W)	Tuna mayo baguette (W/F/E/Mu)
W=wheat, M=milk, E=egg, Su=sulphites, So=soya, Mu=mustard, F=fish					