



EAT WELL TO EXCEL

MENU 1

Week commencing: 18 September 2017 £2.20 per day/FS, Year 1 & Year 2 Eat for Free

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Main Course:	Brunch Lunch Sausage, Bacon & Sauté Diced Potatoes	Barbecue Chicken Breast with 50/50 Vegetable Rice	Roast Pork & Stuffing New, Potatoes & Gravy	Cheese & Tomato Pizza Wholemeal Pasta with Tomato Sauce	Fish Fingers & Chips
Vegetables: 	Baked Beans Mushrooms	Sweetcorn Coleslaw	Carrots Cabbage	Peas Sweetcorn	Peas Baked Beans
Fresh Bread: 	Wholemeal Wedge	Crusty Bread	Herby Bread	French Stick	Farmhouse Bread
Salad:	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Dessert: 	Coconut Biscuits Marble Cake	Toffee Whip Arctic Roll	Fresh Fruit Salad Cheese & Biscuits	Summer Fruit Crumble & Custard Yum Yum Biscuits	Jelly Chocolate Muffins
Vegetarian Option: (Pre-ordered & Dietary Need only)	Quorn Sausage & Scrambled Egg with Sauté Diced Potatoes	Macaroni Cheese	Quorn Fillet with New Potatoes	Cheese & Tomato Pizza Wholemeal Pasta with Tomato Sauce	Vegetable Nuggets with Chips



Yoghurts...

Fruit Pots



or Milk



also available everyday as a dessert selection

You can pay for school meals on line at SchoolComms. Dinners should be paid for in advance or on the day taken.

