

EAT WELL
TO EXCEL

MENU 3 Week commencing: 20 November 2017

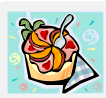
£2.20 per day/FS, Year 1 & Year 2 Eat for Free

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Main Course: 	Chicken in Tomato Sauce with 50:50 Rice	Pork Loin with Mashed Potato	Roast Beef with Yorkshires with Herby Roast Potatoes	Chicken Tikka Curry & Rice with Rice	Sausage or Salmon Goujons with Chips
Vegetables: 	Carrot Batons Broccoli	Peas Sweetcorn	Cabbage Mixed Veg	Green Beans Cauliflower Red Cabbage	Baked Beans Peas
Fresh Bread: 	Pumpkin Seeded Bread	Garlic Bread	Bread Roll	Crusty Bread	Wholemeal Bread
Salad:	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Dessert: 	Coconut & Jam Sponge Cherry Shortbread	Fruit Crumble & Custard Flapjack	Strawberry Whip Cheese & Biscuits	Arctic Roll Jelly	Iced Chocolate Sponge or Rice Crispie Cake
Vegetarian Option: <u>(Pre-ordered & Dietary Need only)</u>	Quorn Fillets in Tomato Sauce with 50:50 Rice	Quorn Veggie Mince and Mashed Potato	Veggie Burger with Herby Roast Potatoes	Vegetable Pasta Bake	Quorn Sausage 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.

