

## Monday



(v) Tomato Pasta Bake D.G.

or



(vg) Quorn & Bean Tostada (Tortilla) G.

or



(v) Cheese/Beans D

or



(vg) Veggie Hot Dog G.

(v) Cheese D.

or



Tuna Mayonnaise F.E.

## Tuesday



Pasta Bolognese G./Cheese D.

or



(vg) Veggie Hot Dog G.

## Wednesday



Roast Pork Slice

or



(vg) Quorn Roast G.

## Thursday



Beef Grill G.SB.SU in a Bun G.

or



(vg) Chunky Vegetable Curry.

## Friday



Breaded Fish Fillet Fingers F.

or



(v) Cheese & Tomato Pizza G.D.

### Jacket Potatoes Every Day



## Week 3 Dessert Menu

### Monday

(v)(h) Homemade Crunch Cookie (G)

### Tuesday

(v)(h) Homemade Lemon / Orange Drizzle Cake (G.E)

### Wednesday

(v) Strawberry Whip with Fruit (D)

### Thursday

(v) Chocolate Frosted Sponge (G.E.D)

### Friday

(v) Ice Cream Tub D.

### Every day we offer:

(v) Yoghurt, (D.SB)

or fresh fruit as alternative dessert options

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, semi skimmed milk or water to drink. Some schools offer a Hydration Station instead, comprising of unlimited chilled water flavoured with fresh fruit.

**Accompaniments may vary to those shown.**

**PLEASE NOTE** some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

### Key

vg = vegan

V = vegetarian

D = Dairy

N = Coconut /Nuts

S = Sesame

E = Egg

G = Gluten/Wheat

F = Fish

M = Mustard

SB = Soya

SU = Sulphites



### Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.