

19th November, 10th December, 21st January, 11th February, 11th March, 1st April

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Chicken meatballs (2) Italian tomato sauce Wholemeal pasta (2,7) seasonal vegetables	Roast Chicken Seasonal Vegetables Roast potatoes	Home made pizza (2,7) seasonal vegetables Salad	Braised beef in gravy or roast turkey Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	MSC Fish (2,5,7) or fish fingers (5) Chips Peas or Beans
<b>OPTION 2</b> Vegetarian	Vegetable lasagne (1,2,7,9)  Seasonal Vegetables	Pasta Pomadora (2,7) Roast potatoes Seasonal Vegetables	Three bean chilli con carne (7) Rice	Veggie toads (2,4,7,13,14) Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	Fishless Fingers (2,4,7) Chips Peas or Beans
<b>OPTION 3</b>	Wraps (2,4,5,7,9) Ham or Cheese	Bagels (2,4,5,7,9) Tuna or Cheese	Sandwich (2,4,5,7,9) Turkey or Cheese	Bagels (2,4,5,7,9) Tuna or Cheese	Wrap (2,4,5,7,9) Cheese or Egg
<b>OPTION 4</b>	Jacket Potatoe Beans or Cheese	Jacket Potatoe Tuna or Cheese	Jacket Potatoe Beans, Cheese or Tuna	Jacket Potatoe Cheese or Tuna	Jacket Potatoe Cheese or Tuna
<b>DESSERT CHOICE</b>	Fruit Flapjack (2,4) served with custard (7) Fruit platter,yoghurts (2) Fruit fools (7) or fruit jelly	Mandarins, ice cream, granola (2,7,14) Yoghurt (2) Fruit platter Fruit fool (7) or fruit jelly	Rice pudding with mixed berries (7)  Fruit platter Fruit fool (7) or fruit jelly	Marble sponge with custard (2,4,7) Yoghurt (2) Fruit platter Fruit fool (7) or Jelly	Cakes of the week...Pupils choice (2,4,7) Fruit platter Fruit Fools (7) Fruit Jelly

We also offer filled jacket potatoes (4,5,7,9), unlimited vegetables and salad to accompany meals as well as fresh baked bread (2,4,7)  
Fresh water or milk to drink (7)

**ALLERGENS**

