



# School Menu Reception - Year 4 Week Commencing 14<sup>th</sup> September 2020

It is the aim of the school to use **pure vegetable oil** for frying and to reduce the amount of **salt, fat & sugar** in all recipes. GF meals available.

**Please note: These are sample menus and may be subject to change due to Covid-19**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course:</b>				
Sausages Mash Potatoes Cauliflower	Meatballs Spaghetti	Lasagne Garlic Bread Lettuce & Cucumber	Chicken Pie New Potatoes Green Beans	Fish Fingers Sauté Potatoes Baked Beans
<b>Vegetarian Option:</b>				
Quiche	Ratatouille	Bean Wrap	Cauliflower Cheese	Gnocchi
<b>Dessert:</b>				
Whole Fruit Whip	Cut Fruit Sponge	Whole Fruit Yoghurt	Cut Fruit Muffins	Whole Fruit Meringues