



School Menu Reception - Year 4 Week Commencing 7th 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Main Course:				
Gammon Steaks New Potatoes Carrots	Cheese & Tomato Panini Lettuce, tomato Cucumber	Chilli Con Carne Rice Sweetcorn	Roast Chicken Roast Potatoes Cabbage	Battered Cod Parmentier Potatoes Baked Beans
Vegetarian Option:				
Vegetarian Sausages	Cheese & Tomato Panini	Vegetable Ragu	Dal	Stuffed Peppers
Dessert:				
Whole Fruit Flapjack	Cut Fruit Shortbread	Whole Fruit Yoghurt	Cut Fruit Scones	Whole Fruit Brownies