

Meat Free Monday



(v) Cheese and Tomato Pizza Wedge (D.G.)

or



(vg) Plant Power Veggie Balls with Rustic Tomato Sauce



(v) Jacket Potato with Cheese and Beans (D.)

Tuesday



Organic Beef Grill (G.) in a Bun (G.)

or



(v) Cheesy Pasta Bake (G.D.)



Jacket Potato with Tuna Mayonnaise (E.F.)

Wednesday



Roast Chicken Joint or Fillet

or



(vg) Quorn Fillet (G.)



(v) Jacket Potato with Cheese (D.)

Thursday



Organic Beef and Tomato Fusilli (G.)
Optional Cheese (D.)

or



(vg) Veggie Hot Dog (G.)



Jacket Potato with Tuna Mayonnaise (E.F.)

Friday



Gluten Free Fish Fillet Fingers (F.)

or



(v) Broccoli and Sweetcorn Pasta (D.G.)



(v) Jacket Potato with Cheese and Beans (D.)



Week 3 Dessert Menu

Every day we offer:

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(vg) Homemade Chocolate Cracknel (G.)

Tuesday

Jelly with Fruit or
(v) Ice Cream Tub (D.)

Wednesday

(v) Homemade Syrup Sponge (G.E.)
with Custard (D) or
(vg) Homemade Zesty Orange Cookie (G.)

Thursday

(vg) Homemade Shortbread (G.)

Friday

(v) Homemade Chocolate and
Pear Brownie (G.E.)
(v) Ice Cream Tub (D.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

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

