

SCHOOL MEAL MENU OPTIONS

- Great Food for Thought -



Menu Commencing

September 2017

		COLD PACKED LUNCH WEEK 1	COLD PACKED LUNCH WEEK 2	COLD PACKED LUNCH WEEK 3
MONDAY	MAIN	INDIVIDUAL QUICHE Either: QUICHE LORRAINE or GRILLED VEGETABLE	SAVOURY RICE POT Either: PORK SAUSAGE or SMOKED CHEESE SAUSAGE	White SOFT FINGER ROLL Either: ROAST TURKEY or EGG
	VEGETARIAN OPTION	MIXED LEAVES and Home Made COLESLAW	CHARGILLED VEGETABLE PIECES in SOY SAUCE	FIVE BEAN SALAD
	PUDDING	YOGURT	YOGURT	YOGURT
TUESDAY	MAIN	WRAP Either: MILD SPICY CHICKEN or MILD SPICY	OMLETTE Either: HAM or COURGETTE	CHEESE MUFFIN Either: HAM or PLAIN
	VEGETARIAN OPTION	GRATED MILD CHEDDAR and CHERRY TOMATO	GREEN SALAD with GRAPES and CARROT	Home-made WALDORF SALAD (without Walnuts)
	PUDDING	JELLY with FRESH FRUIT	CHOCOLATE MOUSSE	CHOCOLATE CRACKNEL
WEDNESDAY	MAIN	Wholemeal SOFT FINGER ROLL Either: BLT (Unsmoked) or SLICED EGG &	PASTA TWIRLS with Either: CHICKEN or BROCCOLI in Mixed	SAUSAGE ROLL Either: PORK or VEGETARIAN
	VEGETARIAN OPTION	Home-made WALDORF SALAD (without Walnuts)	CHEESE STRAW	MIXED LEAVES and POTATO SALAD
	PUDDING	ICED FINGER ROLL	PLAIN SHORTBREAD	GINGER BREAD MAN
THURSDAY	MAIN	PASTA POT Either: HAM or HALLOUMI in a TANGY	Wholemeal PINWHEEL Either: CHINESE PORK or HOISIN	WRAP Either: SALMON or HOUMOUS
	VEGETARIAN OPTION	BUTTERED SAVOURY CHEESE SCONE	CELERY and CREAM CHEESE LOGS	Home-made COLESLAW
	PUDDING	CHOCOLATE SPONGE with CUSTARD	FRUIT CRUMBLE with Custard	LEMON DRIZZLE CAKE
FRIDAY	MAIN	PITTA BREAD with Either: PULLED PORK SALAD or TUNA	TOAST ROLL-UPS Either: MILD SAUSAGE SALSA or EGG &	MULTIGRAIN GRANARY BAP Either: THAI CHICKEN or CHEESE & SPRING
	VEGETARIAN OPTION	Home-made COLESLAW	CRISP LETTUCE SALAD	MIXED STICKS with CARROT, CELERY and CUCUMBER
	PUDDING	RASPBERRY RIPPLE	ICED JAM SPONGE	FRUIT CRUMBLE with Custard

Milk and Freshly Baked Wholegrain Bread is included in this Menu with each Meal. Larger sized Adult Portions are also available. Devised and independently verified in accordance to the School Food Plan 2015.

FRESH FRUIT
FISH
STARCHY INGREDIENTS
ALLERGENS

FRESH FRUIT is available each day in place of a Pudding Choice. Orders are required

The Food Plan recommends each Child has an Oily Fish Portion at least once every three weeks. Fresh Salmon Fish Cakes are available as a substitute on Fish days

When using Rice, Pasta and Flour in our recipes, we use a combination of both White and Brown

A full List of Allergens concerning these Menu choices are available

C. H. BAKER & SONS