

SCHOOL MEAL MENU OPTIONS

*** Great Food for Thought ***

Menu Commencing
September 2018

		HIGH TEA MENU WEEK 1	HIGH TEA MENU WEEK 2	HIGH TEA MENU WEEK 3
MONDAY	MAIN	HAM or CHEESE ^⑦ SANDWICH ^② Using our freshly baked bread	EGG ^④ or CREAM CHEESE ^⑦ & CUCUMBER Wholemeal Sandwich ^②	TURKEY or GREEN SALAD SANDWICH ^② on Traditional Wholemeal Bread
	ACCOMPANIMENT	Easy Peel MANDARIN ^⑦	CHERRY TOMATO ^① QUARTERS Selected for taste	PLAIN RICE CAKES
	DESSERT	LOADED BANANA CAKE ^② ④ Home Made from scratch using Fresh Bananas	LEMON DRIZZLE CAKE ^② ④ Home Made from scratch using fresh Lemons	BANANA CUSTARD ^⑦
TUESDAY	MAIN	DIPS ^⑫ with TOASTED HERB TRIANGLES ^②	Mini SAUSAGE ROLLS ^② or VEGETARIAN SAUSAGE ^② WRAP ^②	CHEESE ^⑦ SCONE ^② Home Made with Somerset Cheddar
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ^① , Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ^① , Courgette & Cucumber	CHERRY TOMATO ^① QUARTERS Selected for taste
	DESSERT	CARROT CAKE ^② ④ ⑦ Home Made from scratch with Fresh Carrot	CHOCOLATE COURGETTE CAKE ^② ④ Moist and Nutritious	CHOCOLATE BEETROOT CAKE ^② ④ Moist & Nutritious
WEDNESDAY	MAIN	CHICKEN or CHEESE ^⑦ SALAD WRAP ^② Traceable Chicken and Green Salad	HAM or EGG ^④ & CRESS SANDWICH ^②	FILLED PITTA BREAD ^② with Roast Chicken or Cottage Cheese ^⑦ Salad
	ACCOMPANIMENT	SELECTION OF DRIED FRUIT ^⑭ From: Apricots, Cranberries, Dates, Raisins & Sultanias	GRAPES Selected for taste and Quartered	VEGETABLE STICKS Selected from: Carrot, Celery ^① , Courgette & Cucumber
	DESSERT	MILK CHOCOLATE MOUSSE ^⑦ Delightfully Delicious	RAISIN ^⑭ AND OAT BISCUIT ^② Home Made using Wholegrain Oats	STEWED FRUIT Freshly stewed to retain all the goodness
THURSDAY	MAIN	QUICHE FINGERS - HAM or TOMATO ^① Home Made and Delicious ^② ④ ⑦	DIPS ^⑫ with PITTA BREAD FINGERS ^②	DIPS ^⑫ with BREAD STICKS ^②
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ^① , Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ^① , Courgette & Cucumber	PINEAPPLE CUBES Home Prepared from ripened Pineapples
	DESSERT	CHERRY SHORTBREAD BISCUITS Perfectly baked in our Ovens ^②	LOADED STRAWBERRY ^③ YOGURT ^⑦ Made by an Award Winning Family Dairy Farm	PLAIN FLAPJACK FINGERS Home Made using Wholegrain Oats ^②
FRIDAY	MAIN	PLAIN TUNA ^⑤ or CUCUMBER ROLL ^②	PORK or CUCUMBER SANDWICH ^② Freshly Baked Granary Bread	CHEESE ^⑦ & ONION FINGERS ^② Plain or with Ham
	ACCOMPANIMENT	CHERRY TOMATO ^① QUARTERS Selected for taste	CUBED CHEESE ^⑦ Locally made Mild Cheddar Cheese	VEGETABLE STICKS Selected from: Carrot, Celery ^① , Courgette & Cucumber
	DESSERT	PLAIN YOGURT ^⑦ with Apricot Conserve Made by an Award Winning Family Dairy Farm	FRESH FRUIT SALAD Delicious Fresh Fruit prepared in our Kitchens ^③ ⑥ ⑦	VANILLA YOGURT ^⑦ Made by an Award Winning Family Dairy Farm

Allergen & Intolerance codes accompany each Item with an explanation in the Key below.

- devised and independently verified in accordance to the School Food Plan 2015 -

ALLERGENS (Using FSA Codes): ① Celery ② Cereals (Gluten) ④ Eggs ⑤ Fish ⑦ Milk ⑨ Mustard ⑩ Nuts ⑪ Peanuts ⑫ Sesame Seeds ⑬ Soya ⑭ Sulphites

INTOLERANCES: ① Tomato Products ② Capsicum Products ③ Soft Fruit Products ④ Beef ⑤ Aubergine ⑥ Apple ⑦ Oranges

Please be aware we use all types of foods in our Kitchens. Substitute foods are available subject to an additional charge