

SCHOOL MENU WEEK THREE - WEEK COMMENCING 29 APRIL 2024

	A	B	C	D	P	FR
MONDAY	Fish Fingers with chips & mushy peas <i>G(wheat).M.SB.F</i>	Quorn Sausage Tomato Pasta Bake with broccoli <i>G(wheat)</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>G(wheat).M.SB.F.E</i>		Decorated Sponge <i>G(wheat).E</i> or Selection of fresh fruit	
TUESDAY Sugar Free Day	Spaghetti Bolognese Pasta Spirals with sweetcorn <i>G(wheat)</i>	Salmon & Sweet Potato Fish Cake with potatoes & peas <i>G(wheat).F.SB</i>	Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).SB</i>		Fresh Fruit Salad & Low-Fat Yoghurt <i>M</i> or Selection of fresh fruit	
WEDNESDAY	Pepperoni Pizza with potato wedges & sweetcorn <i>G(wheat).M.SB</i>	Quorn Lasagne with Mixed Veg <i>G(wheat).M</i>	Jacket Potato with cheese & beans <i>M</i> Cheese Sandwich <i>M.SB.G(wheat)</i>		Raspberry Bun <i>G(wheat).E.SD</i> or Selection of fresh fruit	
THURSDAY Sugar Free Day	Meat Pie with carrots, peas & gravy <i>G(wheat).M.C.E*,MU*.SB*</i>	Cheese Whirl with mash potato and garden peas <i>G(wheat).E.M</i>	Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).M.SB</i>		Fresh Fruit Salad & Low-Fat Yoghurt <i>M</i> or Selection of fresh fruit	
FRIDAY	Pork Sausage in a finger t-cake with potato wedges & sweetcorn <i>G(wheat).SD.SB</i>	Cheese & Tomato Omelette with potatoes wedges & sweetcorn <i>M.E</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>G(wheat).M.SB.F.E</i>		Shortbread Biscuit <i>G(wheat)</i> or Selection of fresh fruit	

Also available fresh bread, fresh fruit & salad with milk or water

** May contain*

Allergen abbreviations:

Cereal (gluten) – G

Fish – F

Nuts – N

Sulphur Dioxide – SD

Crustaceans – CT

Peanuts – PN

Celery – C

Lupin – L

Eggs – E

Soybeans – SB

Mustard – MU

Molluscs – MO

Sesame – S

Milk – M

C = Jacket Potato choice & D = Sandwich choice (allergens are the same for both options)

P = Pudding & FR = Fruit