


**EAT WELL
TO EXCEL**

MENU 1 Week commencing : 11 March 2019

£2.20 per day/FS, Year 1 & Year 2 Eat for Free

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Main Course:	Brunch Lunch: Sausage & Bacon with Diced Potatoes	Beef Bolognaise with Pasta	Roast Ham & Pineapple with Mashed Potato	Chicken Korma with 50/50 Rice	Fish Fingers or Salmon & Sweet Potato Fishcake with Chips
Vegetables:	Mushrooms Baked Beans	Sweetcorn Green Beans	Carrots Broccoli	Peas Sweetcorn	Spaghetti Hoops Mushy Peas
Fresh Bread:	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread
Salad:	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Dessert: 	Fruit Flapjacks Mousse Tubs Water Melon Slice	Steamed Jam Sponge & Custard Fruit Scones	Rice Pudding Coconut Biscuits Cheese & Biscuits	Fruit Crumble & Custard Ginger Biscuits	Fruit Jelly Chocolate Shortbread
Vegetarian Option: (Pre-ordered & Dietary Need only)	Vegetarian Brunch Lunch: Quorn Sausage & Scrambled egg with Diced Potatoes	Quorn Bolognaise with Pasta	Quorn Cottage Pie with Roast Potatoes	Cheese & Onion Loaded Potato Skin	Veggie Fingers with Chips
Jacket Potato:	*****AVAILABLE DAILY WITH A CHOICE OF TUNA , CHEESE & BEANS.***** ORDERS MUST BE PLACED ON MONDAY FOR THE WEEK.				

Yoghurts  , Fruit Pots  or Milk  are also available everyday as a dessert selection.

Dinners should be paid for on the day taken or in advance. You can pay for school meals on-line via the School Gateway. If you child has food allergies or intolerances please speak to a member of the office staff.