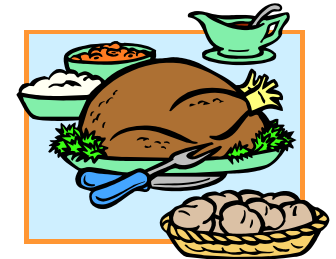




# Autumn / Spring Menu 2018/19

(Starting on 29<sup>th</sup> October 2018)

Breakfast Club - £3.00
Dinners - £2.30
School Packed Lunch £2.30



# MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner choices</b>				
Chilli con carne with Rice  Fresh Salad  Contains beans and pulses	Chicken Curry with garlic and coriander naan bread  Fresh Salad  Contains Wheat/ Dairy/ Egg	Cottage Pie With green beans and sweetcorn  Contains Beef / Dairy	Carbonara With fresh salad  Contains Pork / Dairy/Wheat	Fish Fingers, Chips and Beans  Contains Fish
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Apricot Flapjack Yoghurt / Fruit  Contains Dairy	Chocolate mousse Yoghurt / Fresh Fruit  Contains Dairy/Egg	Apple crumble & custard Yoghurt / Fruit  Contains Dairy / Wheat	Fruit Jelly Yoghurt / Fruit  Contains Dairy	Yoghurt / Fruit  Contains Dairy
<b>Packed Lunch choices</b>				
Sliced Egg Sandwich Cheese/ Ham Sandwich Tuna + Cucumber Wrap	Bacon sandwich Tuna & Sweetcorn Wrap or Ham / cheese Sandwich	Chicken Wrap Ham/Cheese/ Tuna & Cucumber Sandwich	Cream Cheese Bagel Cheese / Ham Sandwich or Tuna Wrap	Tuna + Sweetcorn Wrap Cheese Sandwich
Apricot Flapjack Yoghurt / Fruit /	Chocolate mousse Yoghurt / Fruit	Gingerbread man Yoghurt / Fruit Contains Wheat/Dairy	Fruit Jelly Yoghurt / Fruit	Yoghurt / Fruit

- All Sandwiches, Cheese, Yoghurt contain dairy. All Sandwiches, Bagels and Wraps contain wheat. Salad cream and Mayo contain Eggs.

# MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner choices</b>				
Spaghetti Bolognaise With Fresh Salad  Contains Wheat	Roast Pork with Roast Potatoes, Peas, Carrots, Gravy and Apple Sauce	Chicken and Leek Pie with New Potatoes and Sweetcorn  Contains Wheat and Dairy	Beef Stew and Dumplings  Contains Wheat, Dairy and Egg	Fish Fingers, Chips and Beans  Contains Fish
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Cherry Shortbread Fruit or Yoghurt  Contains Dairy	Rice Pudding Fresh Fruit / Yoghurt  Contains Dairy	Fruitcake Fruit or Yoghurt  Contains Dairy and Egg	Mixed Berry Muffin Fruit / Yoghurt  Contains Wheat / Dairy/Egg	Fruit / Yoghurt  Contains Dairy
<b>Packed Lunch choices</b>				
Sliced Egg Sandwich	Bacon Sandwich	Chicken wrap	Cream Cheese Bagel	Tuna + Sweetcorn Wrap
Cheese / Ham Sandwich Tuna and Cucumber wrap	Tuna & Sweetcorn Wrap or Ham/Cheese Sandwich	Ham/Cheese/ Tuna & Cucumber Sandwich	Cheese / Ham Sandwich or Tuna Wrap	Cheese Sandwich
Cherry Shortbread Fruit / Yoghurt	Fresh Fruit Salad Fruit / Yoghurt	Fruitcake Fruit / Yoghurt	Mixed Berry Muffin Fruit / Yoghurt	Fruit / Yoghurt

- All Sandwiches, Cheese, Yoghurt contain dairy. All Sandwiches Bagels and Wraps contain wheat. Salad cream and Mayo contain Egg.