Vegan & Gluten Free options available daily

Insert - Week Commencing Dates

Week 1

AUTUMN / WINTER

REAch Eat

FUEL FOR SCHOOL

Bread, Yoghurt, Salad Bar, Milk & Water available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE	Macaroni Cheese 6,7,9 with Crusty Bread 5,6	Sweet & Sour Chicken with Wholegrain Rice	Sliced Gammon with Yorkshire Pudding 3,6,7 & Gravy	Butchers Pork Sausage 6,13 with Gravy.	Oven Baked Omega Three Fish Fingers 6,10
VEGGIE CHOICE	Sticky Quorn Wrap 6, Mayo 3,9 with Side Salad	Vegetable Korma 7,8 with Wholegrain Rice	Golden Vegetable Loaf 3,6,7 with Yorkshire Pudding 3,6,7 & Gravy	Vegan Sausage 5 with Gravy	Cheese & Tomato Pizza 6,7
LIGHTER BITE	Filled Roll Or Filled Jacket Potato With A Choice Of Fillings 6,4,7,10.3	Filled Roll Or Jacket Potato With A Choice Of Fillings 6,4,7,10,3	Filled Roll Or Jacket Potato With A Choice Of Fillings 6,4,7,10,3	Ham & Sweetcorn Pasta 6,7,9	Jacket Potato with Baked Beans
SIDES	Oven Baked Potato Wedges Sliced Tomato & Cucumber	Green Beans & Sweetcorn Cobs	Mini Roasties Broccoli & Sliced Carrots Salad Bar	Creamy Mash Potato 7 Green Beans Diced Carrots	Crispy Fries Peas, Sweetcorn Salad Bar
DESSERT	Oat Cookie 6 Fresh Fruit & Plain Yoghurt 7 with Fruit Coulis	Melon Slices Plain Yoghurt 7 with Fruit Coulis	Fresh Fruit Platter Plain Yoghurt 7 with Fruit Coulis	Fruit Jelly with a Mini Cookie 5,6,7 Fresh Fruit & Yoghurt 7	Carrot Cake with Citrus Icing 3,5,6,7,8 Fresh Fruit & Yoghurt 7

Allergens - 1 = Peanuts. 2 = Tree Nuts. 3 = Egg. 4 = Sesame. 5 = Soya. 6 = Gluten. 7 = Milk. 8 = Celery. 9 = Mustard. 10 = Fish.