Vegan & Gluten Free options available daily

Week 2

Insert - Week Commencing Dates

REAch Eat

FUEL FOR SCHOOL

AUTUMN / WINTER

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE	Three Cheese & Tomato Wholegrain Pasta 6,7	Chicken Pie 6 Creamy Mash 7 & Gravy	Sliced Roast Chicken with Yorkshire Pudding 3,6,7 & Gravy	Oven Baked Burger 5,6,13 in a Warmed Roll 4,6 with Relish	Omega Three Fish Fingers 6,10 with Tomato Ketchup or Mayo 3,9
VEGGIE CHOICE	Vegetarian Chilli 6,8 with Wholegrain Rice	Meat Free Meatballs 5 with Wholegrain Rice & a Tomato Sauce	Braised Quorn 6 Yorkshire Pudding 3,6,7 & Gravy	Vegetable Burger 6 in a Warmed Roll 4,6 with Relish 9,13	Quorn Dippers 6 with Tomato Ketchup or Mayo 3,9
LIGHTER BITE	Filled Roll Or Filled Jacket Potato With A Choice Of Fillings 6.4.7.10.3	Filled Roll Or Filled Jacked Potato With A Choice Of Fillings 6,4,7,10,3	Filled Roll Or Filled Jacket Potato With A Choice Of Fillings 6,4,7,10,3	Filled Roll Or Filled Jacket Potato With A Choice Of Fillings 6,4,7,10,3	Jacket Potato with Baked Beans
SIDES	Garlic Bread 5,6,7 Green Salad & Sweet Peppers	Green Beans & Sweetcorn Salad Bar	Crispy Roast Potatoes with Broccoli & Sliced Carrots	Tasty Potato Bites Mixed Salad	Ziggy Fries Peas or Baked Beans
DESSERT	Fresh Fruit Platter Plain Yoghurt 7 with a Fruit Coulis	Jam Sponge 3,5,6,7 & Custard 7 Fresh Fruit & Yoghurt 7	Melon Platter Yoghurt 7	Cookie Dough Crumble 3,6,7 & Custard 7 Fruit & Yoghurt 7	Yoghurt Bar 7 – choose your Toppings

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