

EAT SMART FOR A HEALTHY START!

WEEK 3 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta beef bolognaise with garlic bread	Chicken and vegetable pie served with boiled potatoes	Roast chicken in gravy with mashed potato		Fish portion, fish fingers served with chips
Option 2	Homemade Cheese pasty or roll with mashed potato (V)	Chilli con carne and rice (V)	Lasagne and crusty bread (V)	noodles (V)	Wholegrain Tomato and basil pasta bake served with garlic bread
Sides	Selection of seasonal vegetables	Selection of seasonal vegetables	Selection of seasonal vegetables		Selection of seasonal vegetables
Dessert	Fruit sponge and custard	Fruit cheese cake	Apple and banana cake	Steamed chocolate sponge and custard	Apple oaty Flapjack

ALSO AVAILABLE DAILY:

- * Jacket potato with a choice of cheese, tuna mayo or simply plain
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Fruit Jelly

Menu Dates

20th Jan 2025 10th Feb 2025 17thMarch 2025 7th April 2025 12th May 2025 9th June 2025 30th June 2025 21st July 2025 15th Sep 2025 6th Oct 2025 3rd Nov 2025 24th Nov 2025 15th Dec 2025

All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.

