

# WEEK 3

For weeks commencing:  
18<sup>th</sup> September  
9<sup>th</sup> October

LUNCHTIMEcompany

**Available Every Day**  
*Selection of fresh Salad  
Seasonal Vegetable &  
Sliced Fruit*

If your child has a food allergy or intolerance please ask a member of our kitchen team for information

We use local suppliers because we only use food we can trust, which is of a high standard, properly produced, fresh and good value

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

-  Contains seasonal produce from local supplier
-  Marine Stewardship Council
-  Vegetarian Option
-  Fair trade produce used in our recipes
-  Free range eggs



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Freshly Baked Bread	Home Baked Focaccia	Home Baked Wholemeal Bread	Home Baked Ciabatta	Poppy Seed Wholemeal Bread	Garlic & Herb Focaccia
Main Choice One	Vegetable & lentil Chilli served with Rice & Grated Cheese	Sticky Chicken Wrap served with sweet potato wedges	Jacket Potato Bar served with Chicken Korma Tuna Mayo	Roasted Pork & Apple Sauce served with Roast Potatoes	Fish Fingers served with chips
Main Choice Two	Mediterranean Vegetable Paella	Vegetable Wrap served with Sweet Potato Wedges	Jacket Potato Bar served with Baked Beans Grated Cheese	Quorn Sausage served with Roast Potatoes	Roasted Pepper Pasta Bake
Dessert	Orange & Carrot Muffin Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Cookie served with Fresh Milk Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Summer Fruit Cheese Cake Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Fudge Tart Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Chocolate Brownie Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits