

# SCHOOL MEAL MENU OPTIONS

\*\* Great Food for Thought \*\*

Menu Starting  
April 2022

		HIGH TEA MENU WEEK 1	HIGH TEA MENU WEEK 2	HIGH TEA MENU WEEK 3
MONDAY	MAIN	<b>CHEESE<sup>(7)</sup> SANDWICH<sup>(2)</sup></b> Using our freshly baked Wholemeal Bread	<b>TURKEY or GREEN SALAD SANDWICH<sup>(2)</sup></b> Using our freshly baked Granary Bread	<b>HAM<sup>(14)</sup> or EGG<sup>(4)</sup> &amp; CRESS SANDWICH<sup>(2)</sup></b> Using our freshly baked White Bread
	ACCOMPANIMENT	<b>CHERRY TOMATO<sup>(1)</sup> QUARTERS</b> Selected for taste	<b>GRAPES</b> Selected for taste and Quartered	<b>RICE CAKES</b>
	DESSERT	<b>BANANA CUSTARD<sup>(7)</sup></b>	<b>BANANA CAKE<sup>(2) (4)</sup></b>	<b>RAISIN<sup>(14)</sup> AND OAT BISCUIT<sup>(2)</sup></b> Home Made using Wholegrain Oats
TUESDAY	MAIN	<b>DIPS (Cream Cheese<sup>(7)</sup> &amp; Houmous<sup>(12)</sup>)</b> with <b>TOASTED HERB TRIANGLES<sup>(2)</sup></b>	<b>DIPS (Cream Cheese<sup>(7)</sup> &amp; Houmous<sup>(12)</sup>)</b> with <b>PITTA BREAD FINGERS<sup>(2)</sup></b>	<b>Wednesday</b>
	ACCOMPANIMENT	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber	<b>CHERRY TOMATO<sup>(1)</sup> QUARTERS</b> Selected for taste
	DESSERT	<b>STEWED FRUIT</b> Freshly stewed to retain all the goodness	<b>WHOLE FRUIT BASKET</b>	<b>Home Made</b> <b>LEMON DRIZZLE CAKE<sup>(2) (4)</sup></b>
WEDNESDAY	MAIN	<b>CHICKEN or CHEESE<sup>(7)</sup> SALAD WRAP<sup>(2)</sup></b> Traceable Chicken and Green Salad	<b>HAM<sup>(14)</sup> or EGG<sup>(4)</sup> &amp; CRESS SANDWICH<sup>(2)</sup></b> Using our freshly baked White Bread	<b>FILLED PITTA BREAD<sup>(2)</sup></b> with Roast Chicken or Cottage Cheese <sup>(7)</sup> Salad
	ACCOMPANIMENT	<b>SELECTION OF DRIED FRUIT<sup>(14)</sup></b> From: Apricots, Cranberries, Dates, Raisins & Sultanas	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber
	DESSERT	<b>Home Made</b> <b>PLAIN SHORTBREAD<sup>(2)</sup> FINGERS</b>	<b>GINGERBREAD MAN<sup>(2)</sup></b> <i>Classic Favourite</i>	<b>STEWED FRUIT</b> Freshly stewed to retain all the goodness
THURSDAY	MAIN	<b>PASTA<sup>(2)</sup>, HAM<sup>(14)</sup> &amp; PEA POT</b>	<b>CHEESE<sup>(7)</sup> &amp; ONION FINGERS<sup>(2)</sup></b> Plain or with Ham <sup>(14)</sup>	<b>DIPS (Cream Cheese<sup>(7)</sup> &amp; Houmous<sup>(12)</sup>)</b> with <b>TOASTED HERB TRIANGLES<sup>(2)</sup></b>
	ACCOMPANIMENT	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber	<b>PINEAPPLE CUBES</b> Home Prepared from ripened Pineapples	<b>SELECTION OF DRIED FRUIT<sup>(14)</sup></b> From: Apricots, Cranberries, Dates, Raisins & Sultanas
	DESSERT	<b>FRUIT LOAF<sup>(2)</sup></b> with optional Dairy Free Spread	<b>CHOCOLATE BEETROOT CAKE<sup>(2) (4)</sup></b> Moist & Nutritious	<b>MIXED FRUIT YOGURT<sup>(7)</sup></b> Made on an Award Winning Family Dairy Farm
FRIDAY	MAIN	<b>SPINACH, RED PEPPER<sup>(2)</sup> &amp; CHEESE<sup>(7)</sup></b> <b>MUFFIN<sup>(2)</sup></b>	<b>PORK or CUCUMBER SANDWICH<sup>(2)</sup></b> Using our freshly baked Wholemeal Bread	<b>Mini SAUSAGE ROLLS<sup>(1) (2) (9) (14)</sup></b> or <b>VEGETARIAN SAUSAGE<sup>(2)</sup> WRAP<sup>(2)</sup></b>
	ACCOMPANIMENT	<b>CUCUMBER STICKS</b>	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber	<b>VEGETABLE STICKS</b> Selected from: Carrot, Celery <sup>(1)</sup> , Courgette & Cucumber
	DESSERT	<b>RAISIN<sup>(14)</sup> AND OAT BISCUIT<sup>(2)</sup></b> Home Made using Wholegrain Oats	<b>MIXED FRUIT YOGURT<sup>(7)</sup></b> Made on an Award Winning Family Dairy Farm	<b>BANANA CUSTARD<sup>(7)</sup></b>

Please be aware we use all types of foods in our Kitchens which may include Allergens

Allergen & Intolerance codes accompany each Item with an explanation in the Key below - devised and independently verified in accordance to the School Food Plan 2015 -

**ALLERGENS** (Using FSA Codes): Celery<sup>(1)</sup>, Cereals (Gluten)<sup>(2)</sup>, Eggs<sup>(4)</sup>, Fish<sup>(5)</sup>, Milk<sup>(7)</sup>, Mustard<sup>(9)</sup>, Nuts<sup>(10)</sup>, Peanuts<sup>(11)</sup>, Sesame Seeds<sup>(12)</sup>, Soya<sup>(13)</sup>, Sulphites<sup>(14)</sup>

**INTOLERANCES:** Tomato Products<sup>(1)</sup>, Capsicum Products<sup>(2)</sup>, Soft Fruit Products<sup>(3)</sup>, Beef<sup>(4)</sup>, Aubergine<sup>(5)</sup>, Apple<sup>(6)</sup>, Oranges<sup>(7)</sup>, Onion<sup>(8)</sup>, Pork<sup>(9)</sup>

Please be aware we use all types of foods in our Kitchens. **We have eliminated Palm Oil Ingredients where currently possible.** Substitute menus are available but may be an additional charge