## SCHOOL MEAL MENU OPTIONS

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

Menu Starting September 2022

		HIGH TEA MENU WEEK 1	HIGH TEA MENU WEEK 2	HIGH TEA MENU WEEK 3
nondat	MAIN	CHEESE (7) SANDWICH (2)	TURKEY or GREEN SALAD SANDWICH 2	HAM <sup>(4)</sup> or EGG <sup>(4)</sup> & CRESS SANDWICH <sup>(2)</sup>
		Using our freshly baked Wholemeal Bread	Using our freshly baked Granary Bread	Using our freshly baked White Bread
	ACCOMPANIMENT	CHERRY TOMATO 1 QUARTERS	GRAPES	RICE CAKES
		Selected for taste	Selected for taste and Quartered	
	DESSERT	BANANA CUSTARD (7)	BANANA CAKE 24	RAISIN <sup>(4)</sup> AND OAT BISCUIT <sup>(2)</sup>
				Home Made using Wholegrain Oats
TUESDAY	MAIN	DIPS (Cream Cheese 7 & Houmous 12)	DIPS (Cream Cheese 7 & Houmous 12)	CHEESE 7 SCONE 2
		with TOASTED HERB TRIANGLES (2)	with PITTA BREAD FINGERS (2)	Home Made with Somerset Cheddar
	ACCOMPANIMENT	VEGETABLE STICKS	VEGETABLE STICKS	CHERRY TOMATO 1 QUARTERS
		Selected from: Carrot, Celery ①, Courgette & Cucumber	Selected from: Carrot, Celery ①, Courgette & Cucumber	Selected for taste
	DESSERT	STEWED FRUIT	WHOLE FRUIT BASKET	BANANA CUSTARD (7)
		Freshly stewed to retain all the goodness	WHOLE I KOIT BASKET	DAIVAIVA COSTARD (7)
MEDIEDAY	MAIN	CHICKEN or CHEESE (7) SALAD WRAP (2)	HAM <sup>(4)</sup> or EGG <sup>(4)</sup> & CRESS SANDWICH <sup>(2)</sup>	FILLED PITTA BREAD (2)
		Traceable Chicken and Green Salad	Using our freshly baked White Bread	with Roast Chicken or Cottage Cheese (7) Salad
	ACCOMPANIMENT	SELECTION OF DRIED FRUIT (14)	VEGETABLE STICKS	VEGETABLE STICKS
		From: Apricots, Cranberries, Dates, Raisins & Sultanas	Selected from: Carrot, Celery 1, Courgette & Cucumber	Selected from: Carrot, Celery (1), Courgette & Cucumber
		Home Made	GINGERBREAD MAN 2	Home Made
	DESSERT	PLAIN SHORTBREAD (2) FINGERS	Classic Favourite	LEMON DRIZZLE CAKE (2) (4)
			CHEESE (7) & ONION FINGERS (2)	DIPS (Cream Cheese 7 & Houmous 12)
THURSDAY	MAIN	PASTA②, HAM⑭ & PEA POT	Plain or with Ham (4)	with TOASTED HERB TRIANGLES (2)
	ACCOMPANIMENT	VEGETABLE STICKS	PINEAPPLE CUBES	SELECTION OF DRIED FRUIT (14)
		Selected from: Carrot, Celery (1), Courgette & Cucumber	Home Prepared from ripened Pineapples	From: Apricots, Cranberries, Dates, Raisins & Sultanas
	DESSERT	FRUIT LOAF(2)	CHOCOLATE BEETROOT CAKE (2) (4)	MIXED FRUIT YOGURT (7)
		with optional Dairy Free Spread	Moist & Nutritious	Made on an Award Winning Family Dairy Farm
				Mini CAUCAGE POUS (1) (1) (1)
FRIDAT	MAIN	SPINACH, RED PEPPER 2 & CHEESE 7	PORK or CUCUMBER SANDWICH 2	Mini SAUSAGE ROLLS ① ② ⑭
		MUFFIN(2)	Using our freshly baked Wholemeal Bread VEGETABLE STICKS	or VEGETARIAN SAUSAGE (2) WRAP (2) VEGETABLE STICKS
	ACCOMPANIMENT	CUCUMBER STICKS	Selected from: Carrot, Celery (1), Courgette & Cucumber	Selected from: Carrot, Celery (1), Courgette & Cucumber
	DESSERT	RAISIN(14) AND OAT BISCUIT(2)	MIXED FRUIT YOGURT (7)	STEWED FRUIT
		Home Made using Wholegrain Oats	Made on an Award Winning Family Dairy Farm	Freshly stewed to retain all the goodness
		nome ividue using wholegram Odts	iviaue off all Awaru Willing Family Dairy Fam	riesilly stewed to retain all the goodness

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 ①, Cereals (Gluten) ②, Eggs ④, Fish ⑤, Milk ⑦, Mustard ⑨, Nuts ⑩, Peanuts ⑪, Sesame Seeds ⑫, Soya ⑬, Sulphites ⑭
INTOLERANCES: Tomato Products ②, Capsicum Products ②, Soft Fruit Products ③, Beef ④, Aubergine ⑤, Apple ⑥, Oranges ⑦, Onion ⑧, Pork ⑨
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