

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