

# Schools Menu

<u>BREAKFAST</u>	<u>PACKED LUNCHES</u>	<u>Monday</u>	<u>Tuesday</u>	<u>DINNER</u>	<u>Wednesday</u>	<u>Thursday</u>
<p>Choice of orange or apple juice (V) Choice of tea or coffee</p> <p><u>Choice of cereals</u> Cornflakes Rice Crispies Weetabix</p> <p>semi-skimmed milk (V)</p> <p><u>From the cold counter</u> Fresh Fruit basket selection of yoghurts grapefruit and orange segments prunes</p> <p>Choice of breads &amp; toast (GF)</p> <p><u>Choice of 4 hot items</u> Scrambled eggs (V)(GF) Bacon (GF) Potato Scones (V) Baked Beans (V) (GF)</p>	<p>Wholemeal and White Bread (GF)</p> <p><u>Selection of</u>  Cold meats, cheese, spreads (V) Tuna mayonnaise Low fat cream cheese (V) Tomatoes, cucumber, lettuce (V) Selection of jams (V), Marmite</p> <p>Fresh fruit (V) Crisps (V) Biscuit (V) Yoghurt (V)</p> <p>Blackcurrant or Orange Squash</p>	<p>Lentil Soup (V) (GF) With Roll</p> <p>Cottage Pie</p> <p>Macaroni cheese, (V) (GF) Peas/Salad</p> <p>Apple crumble &amp; custard (V)</p>	<p>Leek and Potato Soup(V)(GF) With Roll</p> <p>Sweet &amp; sour Chicken and Rice (GF)</p> <p>Baked Potato cheese and beans (V) (GF) Peas/Carrots Salads</p> <p>Choc Ice</p>	<p>Tomato Soup (V) (GF) With Roll</p> <p>Pizza ( V) (GF)</p> <p>Sausage, chips and hoops Salads (GF)</p> <p>Pancake with Ice cream (V)</p>	<p><b><u>BBO NIGHT</u></b></p> <p>Chicken drummer (GF) Beef burger (GF) Veggie burger (V) (GF) Corn on the cob (GF) Salads</p> <p>Fruit Lolly (V)(GF)</p>	
<p><b>Salads: Potato salad, Coleslaw, Lettuce, Tomato and Cucumber, Pasta or Rice salad, Cheese</b></p> <p>Please note: GF (Gluten Free) dishes are a possibility, pre notification is needed to ensure they are made gluten free.</p>						

## AFTERNOON SNACK

Orange/Blackcurrant  
squash  
Hot chocolate  
Biscuit

**REMEMBER TO MAKE YOUR PACKED LUNCH  
AFTER BREAKFAST EACH DAY**

**ALL MEALS ARE SELF-SERVICE**

## EVENING SNACK

Orange / Blackcurrant  
squash  
Hot chocolate  
Chocolate biscuit