

SCHOOL MEAL MENU OPTIONS

** Great Food for Thought **

Menu Commencing
September 2018

		HIGH TEA MENU WEEK 1	HIGH TEA MENU WEEK 2	HIGH TEA MENU WEEK 3
MONDAY	MAIN	HAM or CHEESE ⑦ SANDWICH ② Using our freshly baked bread	EGG ④ or CREAM CHEESE ⑦ & CUCUMBER Wholemeal Sandwich ②	TURKEY or GREEN SALAD SANDWICH ② on Traditional Wholemeal Bread
	ACCOMPANIMENT	Easy Peel MANDARIN ⑦	CHERRY TOMATO ① QUARTERS Selected for taste	PLAIN RICE CAKES
	DESSERT	LOADED BANANA CAKE ② ④ Home Made from scratch using Fresh Bananas	LEMON DRIZZLE CAKE ② ④ Home Made from scratch using fresh Lemons	BANANA CUSTARD ⑦
TUESDAY	MAIN	DIPS ⑫ with TOASTED HERB TRIANGLES ②	Mini SAUSAGE ROLLS ② or VEGETARIAN SAUSAGE ② WRAP 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	CARROT CAKE ② ④ ⑦ Home Made from scratch with Fresh Carrot	CHOCOLATE COURGETTE CAKE ② ④ Moist and Nutritious	CHOCOLATE BEETROOT CAKE ② ④ Moist & Nutritious
WEDNESDAY	MAIN	CHICKEN or CHEESE ⑦ SALAD WRAP ② Traceable Chicken and Green Salad	HAM or EGG ④ & CRESS SANDWICH ②	FILLED PITTA BREAD ② with Roast Chicken or Cottage Cheese ⑦ Salad
	ACCOMPANIMENT	SELECTION OF DRIED FRUIT ⑭ From: Apricots, Cranberries, Dates, Raisins & Sultanas	GRAPES Selected for taste and Quartered	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber
	DESSERT	MILK CHOCOLATE MOUSSE ⑦ Delightfully Delicious	RAISIN ⑭ AND OAT BISCUIT ② Home Made using Wholegrain Oats	STEWED FRUIT Freshly stewed to retain all the goodness
THURSDAY	MAIN	QUICHE FINGERS - HAM or TOMATO ① Home Made and Delicious ② ④ ⑦	DIPS ⑫ with PITTA BREAD FINGERS ②	DIPS ⑫ with BREAD STICKS ②
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	PINEAPPLE CUBES Home Prepared from ripened Pineapples
	DESSERT	CHERRY SHORTBREAD BISCUITS Perfectly baked in our Ovens ②	LOADED STRAWBERRY ③ YOGURT ⑦ Made by an Award Winning Family Dairy Farm	PLAIN FLAPJACK FINGERS Home Made using Wholegrain Oats ②
FRIDAY	MAIN	PLAIN TUNA ⑤ or CUCUMBER ROLL ②	PORK or CUCUMBER SANDWICH ② Freshly Baked Granary Bread	CHEESE ⑦ & ONION FINGERS ② Plain or with Ham
	ACCOMPANIMENT	CHERRY TOMATO ① QUARTERS Selected for taste	CUBED CHEESE ⑦ Locally made Mild Cheddar Cheese	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber
	DESSERT	PLAIN YOGURT ⑦ with Apricot Conserve Made by an Award Winning Family Dairy Farm	FRESH FRUIT SALAD Delicious Fresh Fruit prepared in our Kitchens ③ ⑥ ⑦	VANILLA YOGURT ⑦ Made by an Award Winning Family Dairy Farm

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): ① Celery ② Cereals (Gluten) ④ Eggs ⑤ Fish ⑦ Milk ⑨ Mustard ⑩ Nuts ⑪ Peanuts ⑫ Sesame Seeds ⑬ Soya ⑭ Sulphites

INTOLERANCES: ① Tomato Products ② Capsicum Products ③ Soft Fruit Products ④ Beef ⑤ Aubergine ⑥ Apple ⑦ Oranges

Please be aware we use all types of foods in our Kitchens. Substitute foods are available subject to an additional charge