



# Menu

Commencing Monday 5<sup>th</sup> September 2022

**PLEASE NOTE THAT WE ARE A NUT FREE SCHOOL**

*Pupils with any food allergies must consult staff prior to purchasing food.*

*Vegetarian and gluten free options are also available.*

Pupils should order all meals and snacks during morning registration.

<b>WEEK 1</b>	<b>Main Meal</b>	<b>Vegetarian</b>	<b>Dessert</b>
<b>Monday</b>	Light Menu Only *	Light Menu Only *	Meringue with fresh fruit
<b>Tuesday</b>	Chicken fajitas served with potato wedges and salad	Quorn fajitas served with potato wedges and salad	Jelly and ice-cream
<b>Wednesday</b>	Fish fingers served with potato croquettes and a choice of baked beans or peas	Fishless fingers served with potato croquettes and a choice of baked beans or peas	Strawberry cheesecake
<b>Thursday</b>	Light Menu Only *	Light Menu Only *	Treacle sponge and custard
<b>Friday</b>	Hot Dog and chips with a choice of baked beans or peas	Veggie Hot Dog and chips with a choice of baked beans or peas	Ice-cream

<b>WEEK 2</b>	<b>Main Meal</b>	<b>Vegetarian</b>	<b>Dessert</b>
<b>Monday</b>	Light Menu Only *	Light Menu Only *	Mousse
<b>Tuesday</b>	Roast gammon served with roast potatoes and seasonal vegetables	Cauliflower cheese	Cookie's and cream
<b>Wednesday</b>	Chicken Tikka Curry served with rice and naan bread	Quorn chicken curry served with rice and naan bread	Sweet waffle with sliced banana and chocolate sauce
<b>Thursday</b>	Light Menu Only *	Light Menu Only *	Crumble and custard
<b>Friday</b>	Chicken burger served with optional lettuce and mayo served with chips and salad	Veggie burger served with chips and salad	Ice-cream

<b>WEEK 3</b>	<b>Main Meal</b>	<b>Vegetarian</b>	<b>Dessert</b>
<b>Monday</b>	Light Menu Only *	Light Menu Only *	Jam Swiss roll and custard
<b>Tuesday</b>	Macaroni cheese topped with ham served with optional garlic bread	Macaroni cheese served with optional garlic bread	Brownie and ice-cream
<b>Wednesday</b>	Chicken goujons served with potato wedges and vegetables	Quorn chicken goujons served with potato wedges and vegetables	Warm crepe served with fruit and cream
<b>Thursday</b>	Light Menu Only *	Light Menu Only *	Lemon Cheesecake
<b>Friday</b>	Ham or pepperoni pizza served with chips and salad	Margherita pizza served with chips and salad	Ice-cream

Fresh drinking water is available during break and lunchtimes

## Light Menu \* – which is also available daily

<b>Pasta Bar</b>	<b>Jacket Potatoes</b>	<b>Sandwiches and Rolls</b>	<b>Salad Pots</b>
Pasta and Jacket Potato served with either: bolognaise, tomato and basil Sauce, carbonara, chicken korma, tuna and cheese		A choice of filled sandwiches and rolls available daily	Salads available by pre-order only: Ham, cheese, egg tuna, mackerel

# PRICE LIST

*(Pre-ordering is essential for all lunchtime options)*

<p><b>Breaktime Snacks</b> <u>A selection of snacks will be available daily</u></p> <p>French stick 20p Crumpets 30p Waffles 30p Cheese straws 40p Cheese toastie 50p Cheese and ham toastie 60p Savoury muffins 80p Panini 90p Bacon roll 90p Hot dogs 90p Flatbreads 90p Cheese and tomato pizza 90p Cheese and tomato bagels 90p Fish Finger and Ketchup Roll 90p Pizza with other toppings £1.00 Cheese and ham bagels £1.00</p>	<p><b>Main Meal</b> <u>Hot Meal / Vegetarian Option</u></p> <p>Main meal including a dessert £2.50</p> <p>Dessert if purchased separately and not as part of a main meal 70p</p>	<p><b>Sandwiches/Rolls and Salad</b></p> <p><u>Sandwiches and Rolls with a variety of fillings</u></p> <p>Filled sandwiches from £1.50 to £2.00</p> <p>Filled wraps and baguettes from £1.30 to £1.90</p> <p>Ham, cheese, tuna, mackerel or egg salads £2.20</p> <p><u>Sandwich/Roll Meal Deal</u> Choose a sandwich/roll, piece of fruit, yoghurt or jelly and a drink £2.20</p>
<p><b>Pasta Bar</b></p> <p>Plain pasta £1.80 Pasta with one topping £2.20 Pasta with a choice of two toppings £2.40</p> <p><u>Pasta Meal Deal</u> Pasta with up to two toppings and a dessert £2.50</p>	<p><b>Jacket Potatoes</b></p> <p>Plain jacket with butter £1.80 Jacket potato with one topping £2.20 Jacket potato with a choice of two fillings £2.40</p> <p><u>Jacket Potato Meal Deal</u> Jacket potato with up to two toppings and a dessert £2.50</p>	<p><b>Sundries</b></p> <p><u>General items – available daily</u></p> <p>Fruit pots 60p Fruit 30p Yoghurts 50p Jelly pots 60p Vegetable sticks 60p</p> <p><u>Available on Monday, Wednesday and Friday</u></p> <p>Cakes and cookies from 30p</p>
<p><b><u>Drinks</u></b></p> <p>Water still or sparkling 40p Fruit juice * (various flavours) 40p Simply Fruity * (various flavours) 50p Juice Burst * (various flavours) 60p</p> <p>Milk 40p Flavoured milk * (various flavours) 50p Radnor drinks* (various flavours) 60p Suso * (various flavours) 80p</p> <p><i>* Comply with the Government Regulations for Schools</i></p>		