

Menu Week Beginning: 12th February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 with pudding	Meatballs in Tomato Sauce	Fairtrade lunch See separate menu sheet How many Fairtrade ingredients can be used? Additional activities throughout lunchtime in the church.	Roast Pork with Apple Sauce	Beef Stew and Dumplings	CHINESE MENU Sweet and Sour Chicken with boiled rice x Pork Szechuan with boiled rice x Honey and Ginger Mixed Vegetables with noodles x Vegetable Pancake Roll xxx Watermelon Mango Cream Jelly Pineapple rice pudding Flower butter biscuits
Option 2 with pudding	Jacket Potato with Cheese		Vegetarian Sausage	Tomato and Mozzarella Pastry Slice	
Starchy food	Rice		Roast Potato	Boiled potatoes	
Vegetables	Carrots Peas		Carrots Green Beans	Broccoli Sweetcorn	
Pudding Selection	Apple and Berry Sponge with Custard		Bakewell Tart and custard	Jam Sponge	
Fab 4 option served with cake, yoghurt and fruit.	Ham Wholemeal Roll		Carrot and Parsnip soup with bread wedges	Fish Finger Butty	

Available each day for all: Water, squash, milk, chunks of wholemeal bread and salad.