



We support Fairtrade by using some Fairtrade produce in our school dinners!

Name

Year group

Week commencing 7.1.19	Monday	Tuesday	Wednesday	Thursday	Friday
PROTEIN	SCHOOL CLOSED	Beef lasagne Or Cheesy pasta	Sausage & Yorkshire Pudding Or Tomato & basil pasta	Fish goujons Or Chicken enchilada	Roast ham Or Roast chicken Or Fish cake
VEGETABLES		Sweetcorn Broccoli Green beans	Carrots Peas Baked beans	Cucumber Green beans Carrots	Cauliflower cheese Broccoli Sweetcorn Peas
CARBOHYDRATES		Garlic bread Or New potatoes	Mash potato Or Crispy bread	Potato wedges Or New potatoes	Roast potatoes & Yorkshire pudding
JACKET POTATOES		Beans Or Tuna Or Cheese	Cheese Or Beans Or Tuna	Beans Or Tuna Mayo Or Cheese	Tuna Or Beans Or Cheese
WRAPS/SOUP/BAGUETTE		Chicken wrap Or Cheese baguette	Vegetable soup & 1/2 baguette Or Ham & cheese wrap	Chicken & bacon baguette Or Ham wrap	Chicken baguette Or Tuna & cheese wrap
SANDWICHES		Chicken Or Ham & cheese Or Tuna mayo	Ham Or Tuna mayo Or Egg mayo	Ham Or Cheese Or Tuna mayo	Ham & cheese Or Tuna & cucumber Or Cheese
DESSERTS		Chocolate fudge cake Or Fresh fruit salad Or Yogurt	Vanilla ice cream Or Ginger cookies Or Yogurt	Tinned fruit Or Waffles, cream & syrup Or Yogurt	Chocolate fudge cake Or Apple crumble Or Yogurt



Water is served every lunchtime.



Bread

A selection is available daily

AVAILABLE FROM THE SALAD BAR

Fresh carrot, cucumber, mixed peppers, cherry tomatoes, cous cous and coleslaw



All our milk comes from Barkisland!!



Fruit portions are freely available

