

**Week 1**

**Child's Name:**..... **Date:**

All dishes are homemade - Seasonal vegetables and salads are fresh and prepared at the school on the day. Frozen vegetables are also used. All meat is fresh and EU sourced. All meals are £2.00 per day as from 1<sup>st</sup> September 2012.

	Monday		Tuesday	
Dishes of the Day	Cold Gammon Ham		Mini Pigs & Yorkshire Pudding	
Vegetarian Option	Cheese Quiche		Quorn Sausage & Yorkshire Pudding	
Carbohydrates	New Potatoes		Roast Potatoes	
Carbohydrates	Tomato Bread Wedge		Mashed Potatoes	
Vegetables	Corn on the Cob		Carrots	
			Green Beans	
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Rice Pudding with either rice krispies, raisins or honey			
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

Also available daily: Fresh Fruit Pot, Low Fat Fruit Yoghurt, Cheese & Biscuits ▲ = Includes Carbs ★ = All in One Dinner

Allergen advice is available directly from Gothic Mede Academy kitchen: ☎ 01462 732002

**Please tick your choice from either**

<b>1) Dish of the Day or the Vegetarian option</b>	<b>3) One Vegetable choice or Salad</b>
<b>2) One Carbohydrate choice</b>	<b>4) One dessert choice.</b>

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	Thursday		Friday	
Dishes of the Day	Turkey Meatballs in Tomato Sauce		Breaded Chicken Nuggets	
Vegetarian Option	Quorn Balls in Tomato Sauce		Vegetable Nuggets	
Carbohydrates	Wholemeal Penne Pasta		Oven Baked Chips	
Carbohydrates				
Vegetables	Peas		Baked Beans	
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Peach Yoghurt Sponge		Carrot Cake with Lemon Drizzle Icing	
	Raspberry Sauce			
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

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