

Week 2 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 1st Sept 2012. Also available daily: Fresh Fruit Pot, Low Fat Fruit Yoghurt, Cheese & Biscuits + Fruit Wedge. ▲ = Includes Carbs ★ = All in One Dinner

	Monday	Tuesday
Dishes of the Day	▲ Spaghetti Turkey Bolognaise	Fish Fingers
Vegetarian Option	▲ Veggie Mince Bolognaise	Quorn & Vegetable Casserole
Carbohydrates		New Potatoes
Carbohydrates		Mashed Potatoes
Vegetables	Sweetcorn	Peas
Seasonal Salad Selection	Salad Bar	Salad Bar
Dessert	Pear and Cinnamon Sponge	Toffee Sponge
	Custard	Custard
Dessert	Fresh Fruit Pot	Fresh Fruit Pot
Dessert	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt

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

Please tick your choice from either 1) Dish of the Day or the Vegetarian option 2) One Carbohydrate Choice
 3) One Vegetable choice or Salad 4) One dessert choice.

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	Thursday		Friday	
Dishes of the Day	Roast Chicken, Stuffing & Gravy		Homemade Pizza	
Vegetarian Option	Quorn Style Roast		Five Bean Vegetable Chilli	
Carbohydrates	Roast Potatoes		Brown Rice	
Carbohydrates	Mashed Potatoes		Wholemeal Pasta	
Vegetables	Brussel Sprouts		Baked Beans	
Vegetables	Mixed Vegetables			
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert			Peaches	
			Vanilla Ice Cream	
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

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