

Week 3**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 September 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	▲ Macaroni Cheese	Pork Sausage & Gravy
Vegetarian Option	▲ Jacket Potato & Baked Beans	Quorn Sausage & Gravy
Carbohydrates		Cheese & Herb Bread
Carbohydrates		New Potatoes
Vegetables	Broccoli	Peas
Vegetables	Sweetcorn	
Seasonal Salad Selection	Salad Bar	Salad Bar
Dessert	Apple Crumble	Chocolate Crispy Triangle
	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 Turkey, Stuffing & Gravy		Fish Fingers	
Vegetarian Option	Quorn Style Roast		Vegetable Quiche	
Carbohydrates	Roast Potatoes		Oven Baked Chips	
Carbohydrates	Mashed Potatoes			
Vegetables	Cauliflower		Baked Beans	
Vegetables	Sliced Carrots			
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Rice Pudding with either rice krispies, raisins or honey		Citrus Sponge	
			Custard	
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

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