

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 1st September 2012.

	Monday		Tuesday	
Dishes of the Day	Pork Sausages & Gravy		Minced Beef Tortilla Layer	
Vegetarian Option	Quorn Sausage		▲ Jacket Potato & Baked Beans	
Carbohydrates	Mashed Potatoes		Wholemeal Pasta	
Carbohydrates	Cheese & Herb Bread			
Vegetables	Peas		Vegetable Medley	
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Strawberry Yoghurt Sponge			
	Pink Custard			
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

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

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	Thursday		Friday	
Dishes of the Day	Roast Turkey Sage & Onion Stuffing & Gravy		Fish Fingers	
Vegetarian Option	Quorn Style Roast		Scrambled Eggs & Tomatoes	
Carbohydrates	Roast Potatoes		Oven Baked Chips	
Carbohydrates	Mashed Potatoes			
Vegetables	Brussel Sprouts		Baked Beans	
	Carrots			
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Peaches		Chocolate Fudge Pudding	
	Ice-cream		Chocolate Custard	
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

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