

**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 1<sup>st</sup> 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	Pork Meat Balls in Tomato Sauce		Fish Fingers	
Vegetarian Option	Quorn Style Balls in Tomato Sauce		Vegetable Crumble	
Carbohydrates	Wholemeal Spaghetti		Oven Baked Potato Wedges	
Carbohydrates				
Vegetables	Mixed Vegetables		Peas	
Vegetables				
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Apple Crumble		Iced Sponge	
	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 Sage & Onion Stuffing & Gravy		▲ Tuna Ploughmans	
Vegetarian Option	Quorn Style Roast		Cheese Pizza	
Carbohydrates	Roast Potatoes		Wholewheat Pasta	
Carbohydrates	Mashed Potatoes		Brown Rice	
Vegetables	Green Beans		Baked Beans	
Vegetables	Carrots			
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Rice Pudding with either raisins or honey		Shortbread Biscuit	
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

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