

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	▲ Penne Carbonara		Salmon Pot	
Vegetarian Option	▲ Roasted Vegetable Wraps		Cheese Pizza	
Carbohydrates			Brown Rice	
Carbohydrates				
Vegetables	Mixed Vegetables		Corn on the Cob	
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Toffee 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	▲ Spaghetti Bolognaise (Beef)		Chicken Nuggets	
Vegetarian Option	▲ Spaghetti Soya Mince Bolognaise		Vegetable Nuggets	
Carbohydrates			Oven Baked Chips	
Carbohydrates				
Vegetables	Sweetcorn		Baked Beans	
Vegetables				
Seasonal Salad Selection	Salad Bar		Salad Bar	
Dessert	Honey & Oat Cookies		Banana Cake	
			Custard	
Dessert	Fresh Fruit Pot		Fresh Fruit Pot	
Dessert	Low Fat Fruit Yoghurt		Low Fat Fruit Yoghurt	

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