Soil Association FOOD FOR LIFE

Mondau



Organic Pork Meatballs (G.)



(v) Cheese and Potato Pie (D.E.)



(v) Jacket Potato with Cheese (D.)

or

or



BLT Baguette Meal (G.S.M.D.E.)

Week 1 Dessert Menu

Everyday we offer (v) Yeo Valley organic yoghurt, (D.) and fresh fruit as alternative options.

- · Monday
- (v) Homemade Toffee Apple Sponge with Custard (G.SB.D.E.)
- · Tuesday
- (v) Ice Cream Tub (D.) or
- (v) Homemade Zesty
- · Wednesday
- (v) Homemade Favourite Iced Sponge (G.E.)

· Thursday

Jelly with Fruit or

(v) Homemade Chocolate

- Orange Cookie (G.É.)

(v) Homemade Honey and Raisin Bar (SU.G.)

· Friday

Cracknell (G.)

Tuesday



Bacon Medallion and Pork Sausage (G.SU.)

Wednesday



(v) Breadcrumbed Vegetable Fingers (G.)



Jacket Potato with Pork Meatballs (G.D.) (v) Cheese Mayo. Sandwich (G.SB.S.M.D.E.

or

Jacket Potato with Bacon and Beans



Ham Salad Wrap Meal (G.)

Thursday



Roast Chicken Joint or Fillet

Beef Lasagne (D.G.)



(v) Vegetarian Toad in the Hole (G.SU.SB.D.E.)

(v) Cheese and Tomato Pizza (D.G.)



lacket Potato with Beef and Sweetcorn



Chicken Sandwich Meal (SB.G.S.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

Friday



Fish Fillet Fingers (F.G.)



(v) Cheese and Egg Quiche (G.D.E.)



(v) Jacket Potato with Cheese (D.)



Key

V = vegetarian D = Dairy

N = Coconut

S = Sesame

E = Egg



Tuna and Sweetcorn Baguette (G.S.M.D.F.E.)

F = Fish

SB = Sova

M = Mustard

SU = Sulphites