

## October 2020 Primary school



### Phase 2 Introduction of Hot Meals

(Served in each bubble)

#### Week 1

Week Commencing – 12.10/02.11/16.11/30.11/14.12

<b>Meat Free Monday</b>
Jacket Potato with Beans (DF) and Cheese (GF)(V) Served with a Mixed Salad  Homemade fruit Muffin (V)(DF) Or Fruit Piece
<b>Tuesday</b>
Pasta with Homemade Tomato Sauce (V)(DF) Served with Garlic Bread <i>(Gluten Free Pasta Available)</i>  Fresh Fruit Salad Pot (V)(GF)(DF)
<b>Wednesday</b>
Farm Assured Sausage or Quorn Dippers (V) Served with Mash and Peas  Homemade Fruity Flapjack (V)(GF)(DF) Or Fruit Piece
<b>Thursday</b>
Pasta Bolognaise (DF)(GF) or Veggie Bolognaise (DF)(V) Served with Mixed Salad <i>(Gluten Free Pasta Available)</i>  Yogurt Pot (V)(GF) Or Fruit Piece
<b>Friday</b>
Battered Fish Fillet Or Homemade Vegetable Sausage Roll Served with Chips and Peas <i>(Gluten Free Fish Fingers Available)</i>  Ice Cream Pot (V)(GF) Or Fruit Piece

## Week 2

Week Commencing - 19.10/09.11/23.11/07.12

<b>Meat Free Monday</b>
Homemade Margarita Pizza Slice (V) Served with Seasoned Diced Potatoes and a Mixed Salad <i>(Gluten Free and Dairy Free Pizza Available)</i>  Homemade Shortbread Finger (V) Or Fruit Piece
<b>Tuesday</b>
Macaroni Cheese Pasta with Broccoli (V) Served with Garlic Bread <i>(Gluten Free Pasta Available)</i> <i>(Dairy Free Pasta Sauce will be Tomato and Vegetable)</i>  Fresh Fruit Salad Pot (V)(GF)(DF)
<b>Wednesday</b>
Chicken Fillet (GF)(DF) or Southern Coated Quorn Burger (V) Served in a Bun with Potato Wedges and Sweetcorn <i>(Gluten Free Bun Available)</i>  Homemade Oat and Apricot Cookie (V)(DF) Or Fruit Piece
<b>Thursday</b>
Mild Chicken Curry (GF) or 5 Bean Chilli (DF)(GF)(V) Served Savoury Rice  Yogurt Pot (V)(GF) Or Fruit Piece
<b>Friday</b>
Golden Fish Fingers x 2 or Vegetable Nuggets x 3 Served with Chips and Sweetcorn <i>(Gluten Free Fish Fingers Available)</i>  Ice Cream Pot (V)(GF) Or Fruit Piece