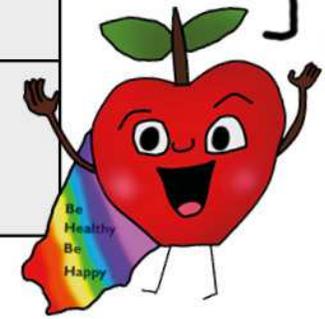
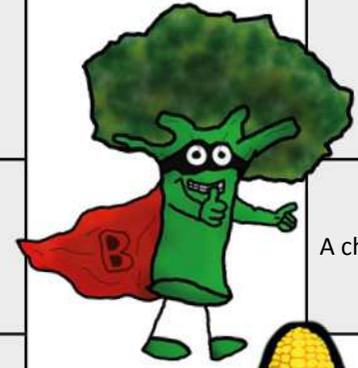
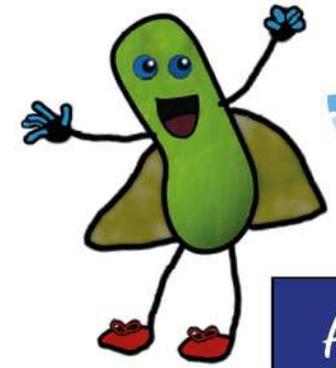


Week One

First Schools' Menu



Available Daily
Fresh Fruit Yogurt
A choice of Handmade Sandwiches

	Option #1	Option #2	Veggies	Pudding
Monday	Pizza W/D	Salmon Pasta Bake F/D/W	Baked Beans or Sweetcorn	Chocolate Muffin W/D
Tuesday	Sausages & Mash W/D	Fish Cake & Mash F/W/D	Peas Mixed Veg	Steamed Sponge W
Wednesday	Roast of the day & Roast Potatoes	Pie of the day & Roast Potatoes W	Cabbage Carrots	Ice Cream D
Thursday	Chicken Nuggets Waffles W	Quorn Curry & Rice	Spaghetti Hoops Sweetcorn	Cookie W/D
Friday	Fish Fingers with Oven-Baked Chips W F	Jacket Potato with Cheese or Tuna D or F	Baked Beans Peas	Jelly

Food Superheroes

- 'Runner Hero' by Luke Henson, St John's First School
- 'Captain Corn' by Jackson Whitby, Marshbrook First School
- 'Brave Broccoli' by Emily Haughtey, Princefield First School
- 'Miss Athletico Apple Core' by Lana Reid, St Mary & St Chad First School

Allergen Legend

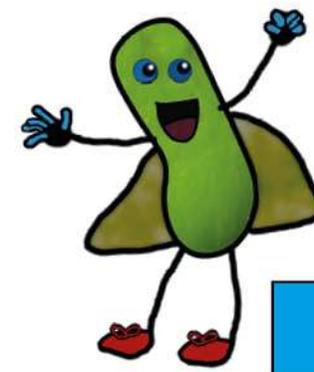
(W)	(E)	(F)	(D)
Wheat/gluten	Eggs	Fish	Dairy / milk

Please note that, whilst we strive to follow these menus rigorously, occasional supplier issues may result in last-minute alterations. Please be reassured that this will affect neither the quality, nor the nutritional value, of the food served.



Week Two

First Schools' Menu



Available Daily
Fresh Fruit Yogurt
A choice of Handmade Sandwiches

	Option #1	Option #2	Veggies	Pudding
Monday	Tomato pasta W	Mac & Cheese W/D	Sweetcorn Peas	Iced Sponge W/E
Tuesday	Pork Meatballs in Tomato Sauce with Rice	Tuna Pasta Bake W/D/F	Sweetcorn Green Beans	Raspberry Buns W/E/D
Wednesday	Roast of the day	Pie of the day W	Cabbage Mixed Veg	Muffin
Thursday	Quorn Burger & Potato Waffles W/E	Lasagne W/D	Spaghetti Hoops Sweetcorn	Rice Crispy Slice
Friday	Fish Fingers with Oven-Baked Chips W F	Cheese & Potato Pie D	Baked Beans Peas	Ice Cream D

Food Superheroes

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Allergen Legend

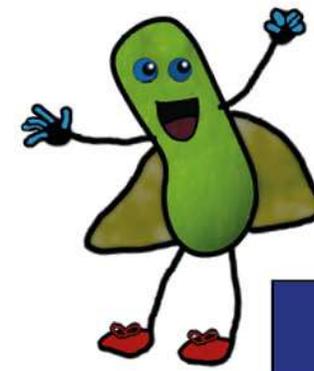
(W) Wheat/gluten	(E) Eggs	(F) Fish	(D) Dairy / milk
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Week Three

First Schools' Menu



Available Daily
Fresh Fruit Yogurt
A choice of Handmade Sandwiches

	Option #1	Option #2	Veggies	Pudding
Monday	Sausage Roll with Waffles/Wedges W	Cheese & Veg Bake D/W	Baked Beans Sweetcorn	Muffin
Tuesday	Cheese Whirl W/D	Meatballs & Pasta W	Peas Spaghetti Hoops	Lemon Drizzle Cake W/E
Wednesday	Roast of the day	Pie of the day W	Carrots Cabbage	Shortbread W
Thursday	Pasta Bolognese W	Chicken Curry & Rice W	Baked Beans Mixed Veg	Flapjack
Friday	Fish Fingers with Oven-Baked Chips W F	Jacket Potato with Cheese or Tuna D or F	Baked Beans sweetcorn	Ice Cream D

Food Superheroes

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- 'Captain Corn' by Jackson Whitby, Marshbrook First School
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- 'Miss Athletico Apple Core' by Lana Reid, St Mary & St Chad First School

Allergen Legend

(W) Wheat/gluten	(E) Eggs	(F) Fish	(D) Dairy / milk
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Please note that, whilst we strive to follow these menus rigorously, occasional supplier issues may result in last-minute alterations. Please be reassured that this will affect neither the quality, nor the nutritional value, of the food served.

