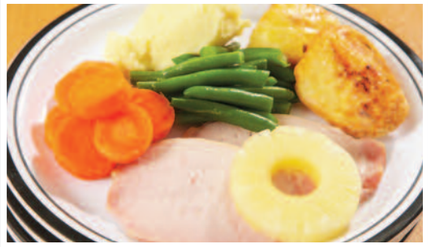
# WEEK 1

| | MONDAY | TUESDAY (Juice Free Days) | WEDNESDAY | THURSDAY (Sugar Swap, Juice Free Days) | FRIDAY (Meat Free Friday) |
|---|---|---|---|---|---|
| CHOICE 1 | Beef/Veggie Burger in a Bun with Potato Wedges and Baked Beans or Sweetcorn | Spaghetti Bolognese/Vegetarian Bolognese with Garlic Bread and Seasonal Vegetables |  Roast Gammon/Quorn Fillet and Pineapple with Roast/Mashed Potatoes Seasonal Vegetables and Gravy | Chicken/Quorn Curry with Rice & Naan Bread with Seasonal Vegetables | Fish and Chips Baked Beans or Peas |
| CHOICE 2 | Bacon & Scrambled Egg Breakfast Muffin Served with Baked Beans | Tuna and Cucumber on a Wholemeal Roll Served with Salad | Roasted Vegetable Enchilada Served with Salad | Ploughman's Lunch Served with Salad | Jacket Potato with Cheesy Beans Served with Salad |
| DESSERT | Chocolate Sponge with Chocolate Sauce | Iced Finger | Flapjack Finger with a Fruit Wedge | Fresh Fruit Platter or Cheese and Crackers | Raspberry Bun with a Fruit Wedge |

Available every day -
Unlimited salad, fresh bread, organic yoghurt, milk and chilled water

For allergen information,
please ask one of our Catering Team

Edsential
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St Peters CE Heswell

# WEEK 2

| | MONDAY | TUESDAY (Juice Free Days) | WEDNESDAY | THURSDAY (Sugar Swap, Juice Free Days) | FRIDAY (Meat Free Friday) |
|---|---|---|---|---|---|
| CHOICE 1 | Pork/Quorn Sausages and Mashed Potatoes with Garden Peas and Gravy | Cottage/Veggie Mince Pie with Seasonal Vegetables | Roast Beef/Quorn Fillet with Yorkshire Pudding Roast/Mashed Potatoes Seasonal Vegetables and Gravy | Chicken/Quorn Fried Rice with Curry Sauce and Seasonal Vegetables | Cheese & Tomato Pizza with Chips Baked Beans or Peas |
| CHOICE 2 | Cheese & Bacon Loaded Skins Served with Salad | Cheese & Red Onion Toasted Sandwich Served with Salad | Cheese & Tomato Pasta Served with Salad | Ham & Tomato Baguette Served with Salad | Vegetarian Burrito Served with Salad |
| DESSERT | Chocolate Brownie with a Fruit Wedge | Sticky Toffee Pudding with Custard | Shortbread Finger with a Fruit Wedge | Fresh Fruit Platter or Cheese and Crackers | Fruit Muffin |

Available every day -
Unlimited salad, fresh bread, organic yoghurt, milk and chilled water

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# WEEK 3

| | MONDAY | TUESDAY (Juice Free Days) | WEDNESDAY | THURSDAY (Sugar Swap, Juice Free Days) | FRIDAY (Meat Free Friday) |
|---|---|---|---|---|---|
| CHOICE 1 | Beef/Veggie Meatballs and Spaghetti Tomato & Herb Sauce with Garlic Bread and Seasonal Vegetables | Steak/Vegetable Pie with Baby Potatoes and Seasonal Vegetables | Roast Turkey/Quorn Fillet with Roast/Mashed Potatoes and Seasonal Vegetables and Gravy | Chinese Chicken/Quorn Curry with Rice Naan Bread and Seasonal Vegetables | Cheese & Tomato Pizza with Chips Baked Beans or Garden Peas |
| CHOICE 2 | Bacon & Scrambled Egg Breakfast Muffin Served with Baked Beans | Tuna and Cucumber on a Wholemeal Roll Served with Salad | Roasted Vegetable Enchilada Served with Salad | Ploughman's Lunch Served with Salad | Jacket Potato with Cheesy Beans Served with Salad |
| DESSERT | Iced Chocolate Sponge | Fruit Crumble with Custard | Fruit Jelly | Fresh Fruit Platter or Cheese and Crackers | Ginger Biscuit with a Fruit Wedge |

Available every day -
Unlimited salad, fresh bread, organic yoghurt, milk and chilled water

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