

WEEK 1

Create-your-plate

Tilston Parochial CE
Primary School

Monday

Tuesday

Wednesday

Thursday

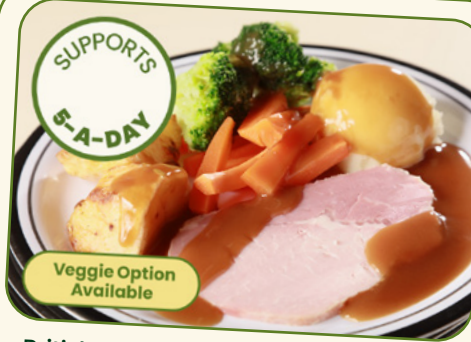
Friday



Wholemeal Margherita Pizza (V) Served with Potato Wedges, Baked Beans or Seasonal Vegetables



Oven Baked Sausage Roll Served with Mashed Potato, Baked Beans or Seasonal Vegetables



British Roast Gammon Lunch Served with Roast & Mashed Potatoes, Seasonal Vegetables & Gravy



Wholemeal Pasta Bolognese Served with Wholemeal Crusty Bread & Seasonal Vegetables



Mozzarella Sticks (V) Served with Fries, Baked Beans, Mushy Peas or Peas



Or



Jacket Potato with a Selection of Fillings. Served with a Side Salad



Deli Choice of Breads with a Selection of Fillings. Served with a Side Salad



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Jacket Potato with a Selection of Fillings. Served with a Side Salad

CHOOSE A
HOT MEAL

AN EVERYDAY
FAVOURITE

CHOOSE A
DESSERT

Or

AN EVERYDAY
FAVOURITE

Save room
for pudding.

Choose a delicious
dessert of the day or treat
yourself to fresh fruit or
low-fat fruit yoghurt.



Selection of fresh fruit



Low-fat fruit yoghurt selection



Sticky Flapjack



Fruit Jelly



Iced Wacky Chocolate Cake



Fresh Fruit Salad



Melting Moment

SWEETENED
WITH DATES

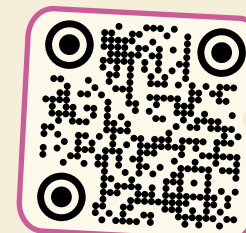
MADE WITH
COCOA



Images for illustration purposes only.

Meals are subject to availability.
For allergen advice and nutritional
information speak to your catering team.

Big Learning
in Every Bite



Create-your-plate

Monday



Individual Cheese and Tomato Pizza (V) Served with Potato Wedges, Baked Beans, Coleslaw or Sweetcorn

Tuesday



All in One Brunch Served with Crispy Diced Potatoes & Peas

Wednesday



Chicken Korma Curry Served with Brown & White Rice, Naan Bread & Seasonal Vegetables

Thursday

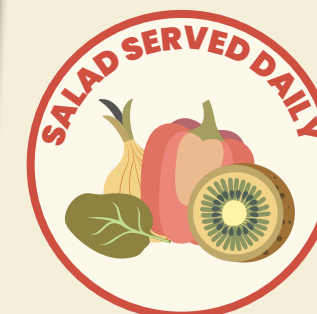
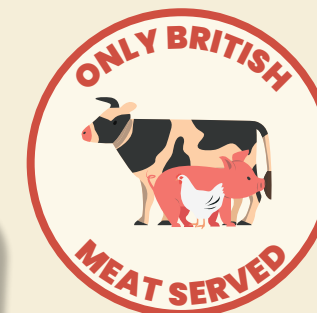


Million Dollar Mac'n'Cheese (V) Served with Wholemeal Crusty Bread & Seasonal Vegetables

Friday



MSC Cod Star Served with Fries, Baked Beans, Mushy Peas or Peas

CHOOSE A
HOT MEAL

Or

AN EVERYDAY
FAVOURITE

Jacket Potato with a Selection of Fillings. Served with a Side Salad



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CHOOSE A
DESSERT

Or

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Choose a delicious
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yourself to fresh fruit or
low-fat fruit yoghurt.



Fibre Rich Toffee Muffin



Lemon Crinkle Cookie



Chocolate Muffin



Melon Medley



Iced Topped Sponge Cake



Selection of fresh fruit



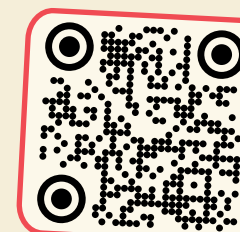
Low-fat fruit yoghurt selection



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Spaghetti Pie (V) Served with Wholemeal Crusty Bread & Seasonal Vegetables



Irish Beef Burger Served with Potato Wedges, Coleslaw or Baked Beans



Loaded Yorkshire with Chicken in Gravy served with Mashed Potato and Seasonal Vegetables



Sweet Hawaiian Chicken Noodles Served with Seasonal Vegetables



MSC Fish Fingers Served with Fries, Baked Beans, Mushy Peas or Peas



Or

AN EVERYDAY
FAVOURITE

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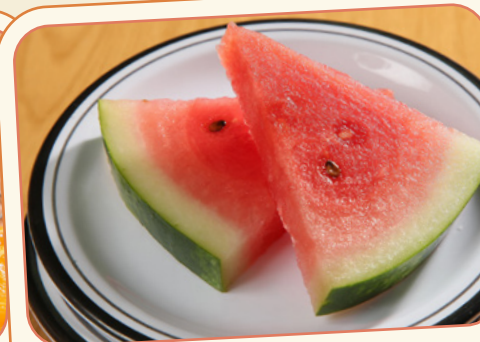
Selection of fresh fruit



Low-fat fruit yoghurt selection



Chocolate Crunch



Fresh Watermelon Wedge



St Clement's Sponge Cake



Jam Shortbread Slice



Banana and Oat Cookie



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