

SAUGHALL ALL SAINTS PRIMARY SCHOOL

WEEK 2 – week beginning 07/9, 28/9, 19/10, 16/11, 07/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Sweet Chilli Chicken served with noodles, sweetcorn and peas	Homemade Quorn and Lentil Spaghetti Bolognese served with green beans, carrot and swede batons.	Roast Pork or (Vegan) Quorn Fillet and apple sauce Served with Roast and Mashed Potatoes, Broccoli, Carrots and gluten Free Gravy	Homemade Caribbean Jerk Chicken Served with 50/50 rice & peas, mango Salsa, cauliflower & broccoli	GF Bubble Coated Salmon Portion Served with Oven baked potato waffles, peas and sweetcorn
Jacket Potato – Topped with Vegan Sausages & Baked Beans Served with Salad	Jacket Potato - Topped with Tuna & Sweetcorn Mayonnaise Served with Salad	Jacket Potato - Topped with Mild Quorn and Chickpea Curry Served with Salad	Jacket Potato – Topped with Baked Beans & Grated Cheese Served with Salad	Beef or Meat free burger, served in a high fibre bun Served with oven baked potato waffles & salad.
Sliced Chicken sandwich served on a choice of breads with Salad	Sliced Ham sandwich served on a choice of breads with Salad	Egg Mayonnaise sandwich served on a choice of breads with Salad	Tuna & Sweetcorn Mayonnaise sandwich served on a choice of breads with salad	Sliced Cheese sandwich served on a choice of breads with salad
Fresh Fruit Yoghurt Crunch Pots Yoghurt (DF available) Fresh Fruit Selection	Homemade Apple and Berry Oat crumble with custard Yoghurt (DF available) Fresh Fruit Selection	Frozen Fruit Yoghurt with Fresh fruit Yoghurt (DF available) Fresh Fruit	Cheese and Crackers Fresh Fruit Selection Yoghurt (DF available)	Homemade Carrot and pineapple muffin served with a fruit wedge Yoghurt (DF available) Fruit pot

Besides our wonderful menu the following are available daily: unlimited salad, fresh bread, milk and chilled water. Allergens - Our meals may contain the following allergens: fish, cereals containing gluten, lupin, eggs, milk, celery, crustaceans, mollusc, nuts, peanuts, sesame seeds, soya, sulphur dioxide and mustard - full list available on our website.

Please speak to the School Business Manager if you have any concerns or have any specific dietary requirements.