

SAUGHALL ALL SAINTS PRIMARY SCHOOL

WEEK 3 – week beginning 14/9, 5/10, 02/11, 23/11, 14/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Creamy Tomato Wholewheat Pasta served with sweetcorn cobette & peas	Homemade Beef and Lentil Cottage Pie served with root vegetable mash and mixed vegetables	Roast Gammon or (Vegan) Quorn Fillet and Pineapple Served with Roast and Mashed Potatoes, Broccoli, Carrots and gluten Free Gravy	Pesto with Wholewheat Pasta served with crusty bread, cauliflower and green beans	Harry Ramsdens Oven Baked Battered Fish Fillet Served with oven baked Chips, Mushy Peas and sweetcorn
Jacket Potato – Topped with Baked Beans & Grated Cheese Served with Salad	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 Homemade Quorn Bolognaise Served with Salad	Homemade Spanish Omelette Served with oven baked chips & 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 Fresh Fruit Selection Yoghurt (DF available)	Chocolate and Orange Sponge Cake Yoghurt (DF available) Fresh Fruit Selection	Homemade Fruit Mousse Fresh fruit selection Yoghurt (DF available)	Cheese and Crackers Fresh Fruit Selection Yoghurt (DF available)	Homemade Fruit Oat Muffins 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.