

WEEK 1

Create-your-plate

Aston by Sutton
Primary School

Monday



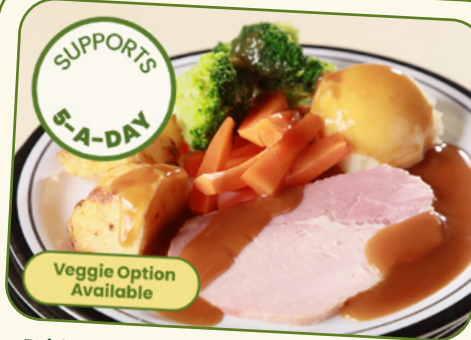
2 Slices of Wholemeal Margherita Pizza (V) Served with Seasonal Vegetables or Homemade Coleslaw

Tuesday



British Meatballs Served with Mashed Potato, Gravy & Seasonal Vegetables

Wednesday



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

Thursday



Wholemeal Pasta Bolognese Served with Wholemeal Crusty Bread & Seasonal Vegetables

Friday



MSC Battered or Breaded White Fish or Salmon 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



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
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.



Banana and Oat Cookie



Nobbie Biscuit



Chocolate Muffin



Melon Medley



Iced Topped Sponge Cake



Selection of fresh fruit



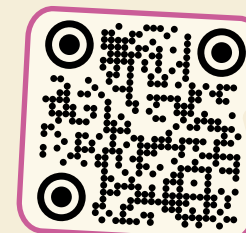
Low-fat fruit yoghurt selection



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



Creamy Tomato Gnocchi (v) Served with Wholemeal Crusty Bread & Seasonal Vegetables

Tuesday



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

Wednesday



Beef Fajita Style Rice Bake Served with Seasonal Vegetables

Thursday



Tomato & Mascarpone Cheese Pasta (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

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FAVOURITE

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ABC Cake



Fruit Jelly



Chocolate Mudslide Cookie



Fresh Fruit Salad



Melting Moment



Selection of fresh fruit



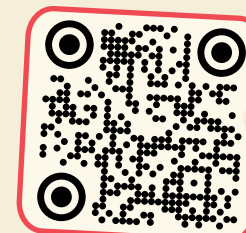
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Spaghetti Pie (V) Served with Wholemeal Crusty Bread & Seasonal Vegetables

Tuesday



British Pork Sausages Served with Mashed Potato, Gravy & Seasonal Vegetables

Wednesday



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

Thursday



Sweet Hawaiian Chicken Noodles Served with Seasonal Vegetables

Friday



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

CHOOSE A
HOT MEAL

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FAVOURITE

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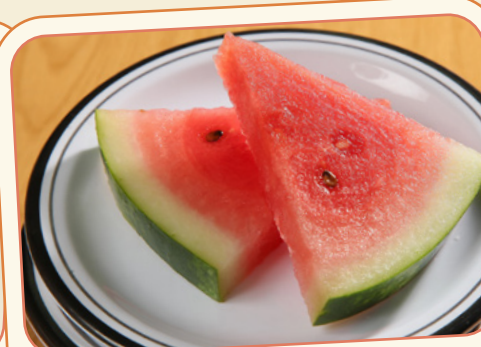
Fibre Rich Toffee Muffin



Golden Crunch Biscuit



Iced Wacky Chocolate Cake



Fresh Watermelon Wedge



Jam Bun

Save room
for pudding.

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low-fat fruit yoghurt.



Selection of fresh fruit



Low-fat fruit yoghurt selection



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