



# Munch Time Menu

## Price £2.20

**MUNCHBOX FILLINGS: Ham\*, Cheese, Chicken\* or Tuna unless stated (order at registration in class)**

**ALL MEALS PROVIDED WITH THE PUDDING OPTION AND A DRINK**

**Week Beginning: Tuesday 4<sup>th</sup> September, 2018**

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
<b>MON</b>	INSET	NON-PUPIL	DAY	
<b>TUES</b>	Roast Chicken* with Roast Potatoes, Carrots, Broccoli, Sage & Onion Stuffing Ball & Gravy	Luxury Vegetable Grill with Roast Potatoes, Carrots & Broccoli or Side Salad	Sandwich with choice of filling and choice of fruit & salad Or Vegetable Soup & Roll	Homemade Bakewell Tart, Fresh Fruit Basket or Yogurt  Milk or Water
<b>WEDS</b>	Oven baked Breaded Salmon Fillet Bites with Mashed Potato, Peas, Side Salad & Ketchup	Oven baked Vegetable Nuggets with Mashed Potato, Peas, Side Salad & Ketchup	Wrap with choice of filling and choice of fruit & salad	Homemade Chocolate Cracknell, Fresh Fruit Basket or Yogurt  Milk or Water
<b>THURS</b>	Oven Baked 100% Beef Burger in a bap with Chunky Chips, Sweetcorn, Side Salad, Vinegar & Ketchup	Oven baked Quorn Burger in a bap with Chunky Chips, Sweetcorn, Side Salad, Vinegar & Ketchup	Roll with choice of filling and choice of fruit & salad Or Tomato Soup & Roll	Iced Fruit Smoothie, Fresh Fruit or Yogurt  Milk or Water
<b>FRI</b>	Spaghetti Carbonara (Chicken* and ham* in a cream sauce) with Mixed Vegetables & Spaghetti Pasta	Cheese on Toast	Wrap with choice of filling and choice of fruit & salad	BT Selection Day  Milk or Water

**All Items Subject To Availability**

**\*All fresh meats are from Philip Dennis Family Butcher based at Roundswell in Barnstaple**

**Please see kitchen for allergy advice if required**