



# Munch Time Menu

## Price £2.20

**MUNCHBOX FILLINGS:** Bacon\* (Friday Only) Ham\*, Cheese, Chicken\* or Tuna unless stated  
([order using the online catering system](#))

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

**Week Beginning: Monday 12<sup>th</sup> November, 2018**

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
<b>MON</b>	Oven Baked Salmon Fishcake with Wholewheat Pasta, Mixed Vegetables, Side Salad & Ketchup	Homemade Macaroni Cheese and side salad	Roll with choice of filling and choice of fruit & salad items  Or Chicken Soup & Roll	Homemade Chocolate Biscuit, Fresh Fruit Basket or Yogurt  Milk, Juice or Water
<b>TUES</b>	Homemade Beef* Lasagne, Peas and side salad (layers of pasta sheets, homemade beef bolognese sauce & béchamel sauce)	Jacket Potato with Baked Beans	Sandwich with choice of filling and choice of fruit & salad  Or Vegetable Soup & Roll	Homemade Syrup Sponge & Custard, Fresh Fruit Basket or Yogurt  Milk or Water
<b>WEDS</b>	Roast Pork Loin* with Roasted Potatoes, Carrots, Broccoli, Apple Sauce & Gravy	Oven baked Vegetable Fingers with Roasted Potatoes, Carrots, Broccoli or Side Salad	Wrap with choice of filling and choice of fruit & salad	Homemade Plain Shortbread, Fresh Fruit Basket or Yogurt  Milk or Water
<b>THURS</b>	Homemade Chicken Korma Curry (mild & creamy) with Peas, Rice & Naan Bread	Oven baked Cheese & Onion Slice with salad	Wrap with choice of filling and choice of fruit & salad  Or Tomato Soup & Roll	Homemade Apple & Sultana Sponge, Fresh Fruit or Yogurt  Milk or Water
<b>FRI</b>	Homemade Cheese & Tomato Pizza with Wholewheat Pasta Twists, Peas or Side Salad	Homemade Quorn Stew & Mashed Potato	Bacon* Roll or Roll with choice of filling and choice of fruit & salad	BT Selection Day  Milk or Water

**All Items Subject To Availability**

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

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