



# Munch Time Menu

## Price £2.20

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

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

**Week Beginning: Monday 22<sup>nd</sup> January 2018**

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
<b>MON</b>	Oven Baked Salmon & Sweet Potato 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 Chicken* with Roasted Potatoes, Carrots, Broccoli, Sage & Onion Stuffing Ball & 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* Supreme (chicken in a creamy sauce) with mixed vegetables, side salad & a chunk of homemade bread	Oven baked Cheese & Onion Slice with salad	<b>NEW Bacon*</b> Roll or Roll with choice of filling and choice of fruit & salad  Or Tomato Soup & Roll	Homemade Iced Apple (from our own orchard) & 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	Wrap 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**