



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: Monday 5th November, 2018

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
MON	Oven baked Fish Fillet with Mashed Potato/Wholewheat Pasta, Peas, Side Salad & Ketchup	Vegetarian Nuggets with Mashed Potato/Wholewheat Pasta, Peas, Side Salad & Ketchup	Roll with choice of filling and Choice of Fruit & Salad or Chicken Soup with roll	Homemade Spiced Sultana Shortie, Fresh Fruit or Yogurt Milk or Water
TUES	Roast Chicken* with Roast Potatoes, Carrots, Cauliflower, Sage & Onion Stuffing & Gravy	Jacket Potato with Baked Beans & Side Salad	Sandwich with choice of filling and Choice of Fruit & Salad or Vegetable Soup	Homemade Apple Crumble & Cream, Fresh Fruit or Yogurt Milk or Water
WEDS	Homemade Savoury Minced Beef Cobbler (lean steak mince* with our own vegetable based sauce & a scone topping)	Homemade Cheese Wheel (mashed potato and cheese rolled in a case of puff pastry) with salad	Wrap with choice of filling and Choice of Fruit & salad	Homemade Chocolate Cracknell, Fresh Fruit or Yogurt Milk or Water
THURS	Roasted Gammon Ham* & Parsley Sauce, Mashed Potato, Carrots & Peas	Jacket Potato & Cheese with Side Salad	Roll with choice of filling and Choice of Fruit & Salad or Tomato Soup with roll	Creamy Rice Pudding & Jam, Fresh Fruit or Yogurt Milk or Water
FRI	Butcher Pork Chipolata Sausage* with Chips & Baked Beans	Quorn Sausage with Chips & Baked Beans	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