



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 4th September, 2018

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
MON	INSET	NON-PUPIL	DAY	
TUES	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
WEDS	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
THURS	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
FRI	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