



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 22nd January 2018

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
MON	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
TUES	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
WEDS	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
THURS	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	NEW Bacon* 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
FRI	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**