



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 12th November, 2018

DAY	MUNCH MEAL	VEGGIE MUNCH	MUNCHBOX	PUDDING
MON	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
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 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
THURS	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
FRI	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