|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Sausage in Gravy  With  Boiled Potatoes  (G, S) | Mild Chicken  Korma Curry with  50/50 Rice  (M) | Roast Chicken  with  Roast Potatoes  Gravy | Beef Pasta  Bolognaise  Topped with Cheese Sauce  Garlic Bread  (G, M) | Fish  with  Chips  (G, F) |
|  |  |  |  |  |  |
| VEGETABLES | Veg of the Day | Peas | Mixed Vegetables | Diced Carrots | Peas & Sweetcorn |
| DESSERT | Blueberry Muffin  (E, M, G, S O, may contain sesame seeds)  or  Fresh fruit or Yogurt  (M) | Homemade  Cookie  (G)  Or  Fresh fruit or Yogurt (M) | Sponge of the Day  (G, E)  Or  Fresh fruit or Yogurt  (M) | Flapjack  Or  Fresh fruit or Yogurt  (M) | Ice–cream  (M)  Or  Fresh fruit or Yogurt  (M) |
|  |  |  |  |  |  |
| **WEEK 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Cheese & Ham Pasta Bake  (G, M) | Cheese & Tomato Pizza  With  Potato Wedges  (G, M) | Roast Chicken  with  Roast Potatoes  Gravy | Beef Lasagne  with  Garlic Bread  (G, M) | Chicken Burger  In a Bun  With  Chips  (G, C, Sesame Seed) |
|  |  |  |  |  |  |
| VEGETABLES | Carrots & Peas | SALAD | Mixed Vegetables | Mixed Salad | Peas |
| DESSERT | Apple Flapjack  Or  Fresh fruit or Yogurt  (M) | Chocolate Sponge  Chocolate Sauce  (G, M)  Or  Fresh fruit or Yogurt  (M) | Rock Cake  (G, E)  Or  Fresh Fruit or Yogurt  (M) | Sponge of the Day  (G, E)  Or  Fresh fruit or Yogurt  (M) | Ice–cream  (M)  Or  Fresh fruit or Yogurt  (M) |
|  |  |  |  |  |  |
| **WEEK 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Cottage Pie | Mild Chicken  Korma Curry with  50/50 Rice | Toad in the Hole  with  Roast Potatoes  Gravy  (E, M, G) | BBQ Chicken  and  Grilled Cheese  With Savoury Rice  (M) | Fish Fingers  with  Chips & PEAS  (G, F) |
| VEGETARIAN |  |  |  |  |  |
| VEGETABLES | Broccoli | Peas | Mixed Vegetables | Sweetcorn | Peas |
| DESSERT | Fruit Crumble  Custard  (G, M)  Or  Fresh fruit or Yogurt  (M) | Fruit Jelly  Or  Fresh fruit or Yogurt  (M) | Fairy Cake  (G, E)  Or  Fresh fruit or Yogurt  (M) | Shortbread  (G)  Or  Fresh fruit or Yogurt  (M) | Ice-cream (M)  Or  Fresh fruit or Yogurt  (M) |

NO BAKED BEANS, SPAGHETTI HOOPS AND TOMATO SAUCE

G Contains Gluten, M Contains Milk, F Contains Fish, E Contains egg, C Contains Celery, S Contains Sulphites, Mu Contains Mustard, So Contains Soya.

Any questions please email [lstacey2@educ.somerset.gov.uk](mailto:lstacey2@educ.somerset.gov.uk)

To ensure food quality it may be necessary on occasions to offer a suitable alternative to those shown.

MENU SEPTEMBER

No Sweetened Vinegar Tomato Base

2021

2020