



Menu

Day	Main	Popular Fare & Vegetarian 1 of each dish daily	Potatoes 2 choices of potatoes daily only serve chipped and roast potatoes once per week minimum.	Vegetables A minimum 3 choices of hot vegetables daily - 1 must be fresh	Sweets 3 Daily Containing fruit base as much as possible with custard sauce PLUS A choice of prepared fresh fruit, fresh fruit salad, melon. Sliced grapes. Yoghurt & biscuit, Cheese & biscuits. Milk	
Monday	Chicken curry & rice	Fish fingers	Mashed & Sautee potatoes	Cauliflower Green beans Sweetcorn	Strawberry sponge	Chocolate mousse Fresh fruit
	Hot dogs	Quiche				
Tuesday	Spaghetti bol	Cheese pasty	Mashed & boiled potatoes	Carrots Cauliflower Baked beans	Lemon sponge	Rice pudding Fresh fruit
	Burger bun	Quiche				
Wednesday	Roast beef & Yorkshire puddings	Tomato pasta	Boiled & mashed potatoes	Broccoli Mixed veg Baked beans	Treacle sponge	Lemon meringue pie Fresh fruit
	Fish goujons	Quiche				
Thursday	Mince & dumplings	Sausages	Mashed potatoes and wedges	Peas Cauliflower Swede	Vanilla marble cake	Strawberry mousse Fresh fruit
	Corned beef pie	Quiche				
Friday	Fish in batter	Macaroni cheese	Chips & Mashed potatoes	Mushy peas Sweetcorn Baked beans	Chocolate chip sponge	Ice cream Fresh fruit
	Chicken chunks	Quiche				

Week 3

Pennyman
Primary Academy



