



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	Mince pie	Pizza wraps	Mashed & Sautee potatoes	Carrots Peas Baked beans	Vanilla sponge	Rice pudding Fresh fruit
	Fish cakes	Quiche				
Tuesday	Chicken curry & rice	Macaroni cheese	Mashed & Baby boiled potatoes	Green beans Cauliflower Sweetcorn	Strawberry sponge	Scones Fresh fruit
	Sausage buns	Quiche				
Wednesday	Braising steak	Tomato pasta	Roast & mashed potatoes	Broccoli Swede Baked beans	Treacle sponge	Donuts Fresh fruit
	Chicken bites	Quiche				
Thursday	Stewed steak	Cheese pasty	Mashed potatoes and wedges	Carrots Cauliflower Mixed veg	Sprinkle cake	Apple crumble Fresh fruit
	Burger buns	Quiche				
Friday	Fish in batter	Pizza Slice	Chips & Mashed potatoes	Mushy peas Sweetcorn Baked beans	Chocolate chip sponge	Ice cream Fresh fruit
	Macaroni cheese	Quiche				

Week 4

Pennyman
Primary Academy



