



# SCHOOL MENU




<b>BREAKFAST</b>		<b>PACKED LUNCHES</b>		<b>DINNER</b>	
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Choice of cereals Cornflakes, Rice Crispies or Weetabix with semi-skimmed milk (V) From the cold counter Fresh Fruit basket, selection of Yoghurts, grapefruit and orange Segments, dried fruit, prunes Apricots, sultanas & raisins (V) Choice of orange or apple juice (V) Choice of tea or coffee Choice of breads, toast, Oatcakes & Ryvita (V) Choice of 4 hot items Scrambled eggs (V) Bacon Mushrooms (V) Tomatoes (V)	Wholemeal and White Bread Oatcakes & Ryvita (V) Selection of Sliced ham, cheese, spreads (V) Tuna mayonnaise Low fat cream cheese (V) Tomatoes, cucumber, lettuce (V) Selection of pickles (V), jams (V), Marmite Fresh fruit (V) Crisps (V) Biscuit (V) Blackcurrant or Orange Squash (V) Yoghurt (V)	Lentil Soup (V) with roll Cottage Pie Macaroni cheese, (V) Peas /salad Apple crumble & custard (V)	Leek & Potato Soup (V) with roll Sweet & Sour Chicken and Rice Baked Potato cheese and Beans Peas / Carrots Salads Fruit Ice Lolly (V)	Tomato Soup (V) with roll Pizza or Sausage, chips and hoops Salads Pancake with Ice cream (V)	BBQ night Chicken drummer Cold meat selection or Veggie burger (V) Corn on the cob Salads Choc ice

Salads: **Potato salad, Coleslaw, Lettuce, tomato and cucumber, Pasta or Rice salad, Cheese**

## ALL MEALS ARE SELF-SERVICE

REMEMBER TO MAKE YOUR PACKED LUNCH  
AFTER BREAKFAST EACH DAY

**AFTERNOON SNACK**  
4pm  
Orange / Blackcurrant  
squash  
Drinking chocolate  
Biscuit




**EVENING SNACK**  
9pm  
Orange / Blackcurrant  
squash  
Drinking chocolate  
Chocolate biscuit\*

