



Full Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Starting from week beginning 29<sup>th</sup> October 2019**

Please choose one option for each day. Meals cost £2.20 per day.

Those in receipt of Free School Meals and/or in Reception, Year 1 and Year 2 do not need to pay (Meals are subject to change, usually for special events, or occasionally due to supply problems). **See allergens overleaf.**

**BK PACK UP INCLUDES A SANDWICH/ FRUIT OR YOGHURT/CAKE OR BISCUIT AND A DRINK**

**Available every day; Water, milk and wholemeal bread. YOGHURT AND FRUIT BASKET ALWAYS AVAILABLE AS A CHOICE.**

WK1	HOT	VEGETARIAN	BK PACK UP	JACKET POTATO	PUDDING
<b>Mon</b>	Macaroni cheese, sweetcorn and crusty bread	Quorn meatballs, tomato sauce, pasta and sweetcorn	BK Pack Up	Choice of filling	Fruit mousse
<b>Tue</b>	Pizza Slice with beans and diced potato	Cheesy omelette, beans and diced potato	BK Pack Up	Choice of filling	Oaty fruit crumble with custard
<b>Wed</b>	Savoury mince, Yorkshire pudding, mashed potato, vegetables and gravy	Quorn fillet, Yorkshire pudding, mashed potato and vegetables	BK Pack Up	Choice of filling	Fruity wholemeal flapjack
<b>Thur</b>	BBQ chicken breast, rice and sweet corn cob	Quorn chilli, tacos and vegetable rice	BK Pack Up	Choice of filling	Fresh fruit and yoghurt
<b>Fri</b>	Fish fingers, chips and peas		BK Pack Up	Choice of filling	Ice cream roll

There will be a Fruit salad bar available every day with the choice of Greek yoghurt.

WK2	HOT	VEGETARIAN	BK PACK UP	JACKET POTATO	PUDDING
<b>Mon</b>	Cheesy tomato pasta bake, crusty bread and vegetables	Quorn pasties, new potatoes, vegetables and gravy.	BK Pack Up	Choice of filling	Pancakes, syrup and raisins
<b>Tue</b>	Sweet and sour pork with noodles and peas	Vegetable lasagne, crusty baguette and cucumber salad.	BK Pack Up	Choice of filling	Chocolate pear sponge with chocolate sauce
<b>Wed</b>	Chicken pie, potatoes, vegetables and gravy	Quorn hot dog and beans.	BK Pack Up	Choice of filling	Frozen yoghurt pot
<b>Thur</b>	Burger in a bun with beans and salad	Stir fry Quorn with noodles and vegetables	BK Pack Up	Choice of filling	Fruit jelly and cream
<b>Fri</b>	Fish fingers, chips and peas		BK Pack Up	Choice of filling	Chocolate mousse pot

There will be a Fruit salad bar available every day with the choice of Greek yoghurt

WK3	HOT	VEGETARIAN	BK PACK UP	JACKET POTATO	PUDDING
<b>Mon</b>	Margarita pizza, coleslaw and diced potato	Spaghetti in a creamy tomato sauce with peas	BK Pack Up	Choice of filling	Iced fruit sponge
<b>Tue</b>	Pork sausage hot dog with beans	BBQ Quorn wraps, sweetcorn and salad	BK Pack Up	Choice of filling	Oaty fruit cookies and milk
<b>Wed</b>	Roast chicken, stuffing, mashed potato, vegetables and gravy	Quorn sausage, stuffing, vegetables and gravy	BK Pack Up	Choice of filling	Chocolate marble cake with sliced pear
<b>Thur</b>	Turkey meatballs, tomato sauce, pasta and sweetcorn	Quorn burger in a wholemeal bun, sweetcorn and salad	BK Pack Up	Choice of filling	Raspberry ripple mousse pot
<b>Fri</b>	Fishcake, chips and peas		BK Pack Up	Choice of filling	Chocolate krispie cake and raisins

There will be a Fruit salad bar available every day with the choice of Greek yoghurt

## ALLERGENS

WK1	HOT	VEGETARIAN	BK PACK UP	JACKET POTATO	PUDDING
Mon	Gluten / Milk	Gluten / Milk / Soya	Gluten / Milk / Soya	Milk or Fish	Milk
Tue	Gluten / Milk	Egg / Milk	Gluten / Milk / Soya	Milk or Fish	Gluten / Milk
Wed	Egg / Milk / Gluten	Soya / Milk / Egg / Gluten	Gluten / Milk / Soya	Milk or Fish	Gluten / Milk
Thur	Gluten / Soya	Soya / Egg / Milk / Gluten	Gluten / Milk / Soya	Milk or Fish	Milk
Fri	Gluten / Egg / Fish		Gluten / Milk / Soya	Milk or Egg	Milk / Gluten / Sulphates

WK2	HOT	VEGETARIAN	BK PACK UP	JACKET POTATO	PUDDING
Mon	Gluten / Milk	Gluten / Soya / Milk / Egg	Gluten / Milk / Soya	Milk or Fish	Gluten / Milk / Egg
Tue	Gluten / Egg / Wheat / Celery	Gluten / Egg / Wheat	Gluten / Milk / Soya	Milk or Fish	Gluten / Milk / Egg
Wed	Gluten / Milk	Soya / Gluten	Gluten / Milk / Soya	Milk or Fish	Milk
Thur	Gluten / Soya	Gluten / Soya / Milk / Celery	Gluten / Milk / Soya	Milk or Fish	Milk
Fri	Gluten / Fish / Egg		Gluten / Milk / Soya	Milk or Egg	Milk

WK3	HOT	VEGETARIAN	BK PACK UP	JACKET POTATO	PUDDING
Mon	Gluten / Milk	Milk / Gluten	Gluten / Milk / Soya	Milk or Fish	Gluten / Milk / Egg
Tue	Gluten / Soya / Milk	Gluten / Egg	Gluten / Milk / Soya	Milk or Fish	Gluten / Milk / Egg
Wed	Gluten / Milk	Gluten / Egg	Gluten / Milk / Soya	Milk or Fish	Milk / Gluten
Thur	Soya / Gluten / Egg	Soya / Egg	Gluten / Milk / Soya	Milk or Fish	Milk
Fri	Fish / Gluten / Egg		Gluten / Milk / Soya	Milk or Egg	Gluten / Milk

Please circle your child's choice for each day, it does not have to be the whole week, they can choose as they like - it could be just every Fish Friday.

If your child decides to change their mind or starts bringing in a home packed lunch, please let the school office know as soon as possible.

Payment paid daily, weekly or termly at a cost of £2.20 a day; this is required at least one week in advance.