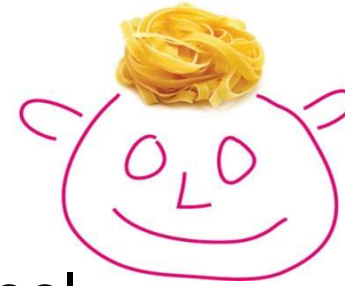


MENU

Food in School Flagship School

WEEK 1

Cambo First School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Ham / cheese wraps / pasta / cous cous</p> <p>Gluten, dairy</p>	<p>Pasta Bolognese / Plain pasta</p> <p>Bread</p> <p>Gluten, dairy</p>	<p>Roast Dinner</p> <p>Roast potatoes / mash</p> <p>Bread</p> <p>Gluten, dairy</p>	<p>Chicken pie / Chicken casserole</p> <p>with potatoes</p> <p>Gluten, dairy</p>	<p>Homemade Pizza / Fish Fingers</p> <p>with chips / plain potato wedges</p> <p>Gluten, dairy</p>
VEGETABLES	Sweetcorn	Seasonal Vegetables	Seasonal vegetables	Seasonal vegetables	Baked Beans / Spaghetti hoops
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Chocolate Sponge with chocolate sauce</p> <p>Gluten, eggs, dairy</p>	<p>Arctic roll</p> <p>Gluten, eggs, dairy</p>	<p>Rice pudding</p> <p>Gluten, dairy</p>	<p>Fruit crumble and custard</p> <p>Gluten, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily



* all eggs free range

* Freshly Prepared Dish



* Vegetable and Fruit in season from the school garden

* Vegetarian option available on request * all meat / milk is local and/or/ organic



MENU

Food in School Flagship School

WEEK 2

Cambo First School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Jacket Potatoes Choice of fillings</p> <p>crusty bread</p> <p>Gluten, dairy, fish</p>	<p>Cheesy Pasta / Plain pasta</p> <p>Bread</p> <p>Gluten, dairy</p>	<p>Roast Dinner with Roast potatoes / mash</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Savoury Mince pie / cobbler With Creamed potatoes</p> <p>Gluten, dairy</p>	<p>Chicken Bites Oven Chips / Mash</p> <p>Bread</p> <p>Gluten</p>
VEGETABLES	Baked beans	Seasonal Vegetables	Seasonal Vegetable	Seasonal Vegetables	Baked Beans / Spaghetti Hoops
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Sponge Cake with Custard</p> <p>Gluten, eggs, dairy</p>	<p>Homemade brownie</p> <p>Gluten, dairy</p>	<p>Jam and cream scone</p> <p>gluten, eggs, dairy</p>	<p>Jelly and fruit</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily

* all eggs free range

* Vegetable and Fruit in season –salad from school for three weeks

* Vegetarian option available on request * all meat / milk is local and/or/ organic



* Freshly Prepared Dish



MENU

Food in School Flagship School

WEEK 3

Cambo First School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Chicken Fajitas</p> <p>Gluten,</p>	<p>Mediterranean Pasta / plain pasta</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Roast Beef / Yorkshire puddings</p> <p>Roast potatoes / mash</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Chicken Curry</p> <p>Rice / jacket potato</p> <p>Gluten, dairy</p>	<p>Sausages</p> <p>Fish fingers / chips</p> <p>Bread</p> <p>Gluten, eggs</p>
VEGETABLES	Sweetcorn	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked beans / Spaghetti hoops
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Sponge cake with custard</p> <p>Gluten, eggs, dairy</p>	<p>Ice cream and fruit</p> <p>dairy</p>	<p>Cheesecake</p> <p>Gluten, dairy</p>	<p>Flapjack / Muffin with a glass of fruit juice</p> <p>Gluten, eggs, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit available daily



*Freshly Prepared Dish



* Vegetable and Fruit in season * all meat / milk is local and/or/ organic
 * Vegetarian option available on request * all eggs free range

