

Weare First School and Rainbow Woods Pre-School - School Meals Autumn Term 2 (30th October - 15th December 2023)

Menu 1 for Weeks Commencing 30th Oct, 13th Nov, 27th Nov & 11th Dec 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Chicken Curry with Brown & White Rice & Naan Bread	Home Cooked Gammon Ham & Grated Cheese served with fusilli pasta & home made tomato sauce	Roast Chicken DF	Sausage Roll	Breaded Cod Fish Fingers DF
Vegetarian Meal (V)	Jacket Potato with Cheese & Beans	Vegetable Lasagne	Roast Quorn Fillet DF	Vegetarian Sausage Roll	Fishless Fingers DF, VE
	Both served with peas and fresh mixed salad	Both served with sweetcorn & fresh mixed salad	Both served with stuffing, gravy, dry roasted potatoes, carrots & broccoli	Both served with saute potatoes, baked beans & peas	Both served with chips, peas and fresh mixed salad
Sandwich Options	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad
Pudding	Fruity Flapjack GF, DF, VE	Peach Crumble & Custard VE, DF	Apple Bites VE	Orange Jelly & Mandarins DF, V	Rice Krispie Cake DF, VE
As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.					

Menu 2 for Weeks Commencing 6th Nov, 20th Nov & 4th Dec 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Pork Sausages	Breaded Chicken Nuggets	Margherita Pizza	Beef Bolognaise GF, DF	Breaded Cod Fish Fingers DF
Vegetarian Meal (V)	Vegetarian Sausage VE	Vegetable Fingers DF	Veggie Burger in a Bun	Mixed Bean & Vegetable Bolognaise DF, VE, GF	Fishless Fingers DF, VE
	Both served with mashed potatoes, onion gravy, peas & baked beans	Both served with katsu curry sauce, brown & white rice, green beans & carrots	Both served with garlic & herb diced potatoes, coleslaw & fresh mixed salad	Both served with fusilli pasta, sweetcorn & fresh mixed salad	Both served with chips, baked beans and fresh mixed salad
Sandwich Options	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad
Pudding	Banana Bread DF, VE	Apple Sponge & Custard VE	Strawberry Jelly & Fruit Cocktail DF, V	Coconut Cookies VE	Shortbread Biscuit DF, VE
As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.					

Sliced Bread is available daily to accompany the hot meals. A fresh fruit bowl is also available daily.

Alternatives may be available on request. Menu can be subject to change due to availability difficulties.

If you should require any information concerning allergens in foods, please contact the school office.