

Weare First School and Rainbow Woods - School Meals Spring Term 2 (19th February - 28th March 2024)

Menu 1 for Weeks Commencing 19th Feb, 4th March, 18th March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Macaroni Cheese	Ham & Cheese Pizza	Cottage Pie DF, GF	Chicken Hot Pot GF, DF	Breaded Cod Fish Fingers DF
Vegetarian Meal (V)	Mediterranean Vegetable & Chickpea Bake VE	Cheese & Tomato Pizza	Vegetable & Lentil Cottage Pie VE, DF	Jacket Potato with Cheese & Beans	Veggie Fingers DF, VE
	Both served with peas and fresh mixed salad	Both served with fusilli pasta, sweetcorn & mixed salad	Both served with broccoli & green beans	Main served with root vegetables & crusty bread	Both served with chips, spaghetti hoops 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	Apple Crumble & Custard	Fruit Cocktail & Strawberry Yoghurt	Butterscotch Mousse & Fresh Banana	Lemon & Berry Tray Bake VE, DF	Australian Crunch VE, DF
	As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.				

Menu 2 for Weeks Commencing 26th Feb, 11th March, 25th March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Meatballs with Homemade Tomato Sauce DF	Chicken Curry with brown & white Rice GF, DF	All Day Breakfast	Roast Loin of Pork & Apple Sauce	Chicken Goujons
Vegetarian Meal (V)	Veggie Balls with Homemade Tomato Sauce VE	Jacket Potato with Cheese & Beans	Veggie All Day Breakfast	Cauliflower & Broccoli Cheese	Mixed Bean Burritos
	Both served with fusilli pasta, sweetcorn & fresh mixed salad	Both served with fresh mixed salad & peas	Both served with dry roasted potatoes, carrots & peas	Both served with stuffing, gravy, dry roasted potatoes, carrots & broccoli	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	Pears with Chocolate Sauce	Fruit Cocktail & Strawberry Yoghurt	Karen's Carrot Cake Flapjack VE, DF	Chocolate Sponge & Peppermint Custard	Shortbread Biscuit VE, DF
	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.