

Weare First School Academy and Rainbow Woods (Allergen) - School Meals Summer Term 1 (15th April - 24th May 2024)

Menu 1 for Weeks Commencing 15th Apr, 29th Apr, 13th May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Ham & Cheese Pizza SF	Pork Sausages, Yorkshire Pudding & Onion Gravy	Chilli Con Carne with Brown & White Rice SF, DF, GF	Choice of Cheese/Ham/Tuna with Penne Pasta	Oven Baked Cod Fish Fingers DF, SF
Vegetarian Meal (V)	Margherita Pizza SF	Quorn Sausages, Yorkshire Pudding & Onion Gravy	Jacket Potato with Baked Beans & Cheese GF, SF	Cheesy Pasta with Homemade Tomato sauce with Hidden Veg	Veggie Burger DF, SF, VE
	Both served with potato wedges, baked beans and fresh mixed salad	Both served with dry roasted potatoes, carrots & broccoli	Both served with green beans & fresh mixed salad	Both served with crusty bread, fresh mixed salad and coleslaw	Both served with oven 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	Peach Melba GF, SF	Fruit Cocktail & Strawberry Yoghurt GF, SF	Chocolate Krispie Cake GF, DF, SF	Orange Jelly with Mandarins GF, DF, SF	Ice Cream Roll
As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.					

Menu 2 for Weeks Commencing 22nd Apr, 6th May, 20th May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Chicken Goujons DF, SF	Beef Bolognese DF, SF	Sausage Rolls	Roast Chicken with Stuffing & Gravy DF	Oven Baked Cod Fish Fingers DF, SF
Vegetarian Meal (V)	Veggie Fingers DF,SF	Lentil & Vegetable Bolognese DF, SF, VE	Veggie Sausage Rolls	Roast Quorn Fillet with Stuffing & Gravy DF	Veggie Burger DF, SF, VE
	Both served with katsu curry sauce, brown & white rice, peas and fresh mixed salad	Both served with fusilli pasta, sweetcorn & fresh mixed salad	Both served with potato waffles, baked beans & fresh mixed salad	Both served with dry roasted potatoes, carrots & green beans	Both served with oven 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	Fruit Cocktail with Frozen Yoghurt GF, SF	Melon & Orange Wedges GF, DF, SF	Strawberry Sorbet VE	Chocolate Mousse with Banana GF, SF	Shortbread Biscuit 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.