

## Weare First School Academy & Rainbow Woods - School Meals Summer Term 2 (3rd June - 23rd July 2024)

### Menu 1 for Weeks Commencing 3rd,17th June, 1st,15th July 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal (M)</b>	Ham & Cheese Pizza SF	Pork Sausages with homemade tomato sauce	Chicken Curry with Brown & White Rice SF, DF, GF	Choice of Cheese/Ham/Tuna with Penne Pasta	Oven Baked Cod Fish Fingers DF, SF
<b>Vegetarian Meal (V)</b>	Margherita Pizza SF	Quorn Sausages with homemade tomato sauce	Jacket Potato with Baked Beans & Cheese GF, SF	Cheesy Pasta with Homemade Tomato sauce with Hidden Veg	Veggie Burger DF, SF, VE
	Served with baked beans, sweetcorn & mixed salad	Both served with herby diced 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
<b>Sandwich Options</b>	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
<b>Pudding</b>	Strawberry Sorbet GF, SF, DF	Fruit Cocktail & Strawberry Yoghurt GF, SF	Vanilla Cheesecake	Strawberry Jelly with Fruit Cockatail	Chocolate Cookie's
	SF DF				

### Menu 2 for Weeks Commencing 10th, 24th June, 8th, 22nd July 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal (M)</b>	Chicken Goujons DF, SF	Beef Bolognaise DF, SF	Sausage Rolls	Roast Chicken with Stuffing & Gravy DF	Oven Baked Cod Fish Fingers DF, SF
<b>Vegetarian Meal (V)</b>	Veggie Fingers DF, SF	Lentil & Vegetable Bolognaise 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 baby new potatoes, carrots & green beans	Both served with oven chips, spaghetti hoops and fresh mixed salad
<b>Sandwich Options</b>	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
<b>Pudding</b>	Peach Melba GF, SF	Superfruit Salad	Chocolate Krispie Cake GF,SF,DF	Peach Tart with cream	Shortbread Biscuit DF,SF

**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.**