



WEEK 1 Autumn Term 2021

FOOD STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUEL STATION	Cheese Roll Chips Beans (325 cal)	Sausage Mash Carrots Gravy (348)	Spaghetti Bolognaise Sweetcorn & Peppers Garlic Bread (311cal)	Tandoori Chicken Sunshine Rice Naan Bread Mint Yoghurt Dip (294 cal)	Fish Dippers Potato Wedges Peas (268 cal)
SANDWICH STATION	Sandwiches available on a selection of breads with salad accompaniment. We serve the following fillings every day:- <ul style="list-style-type: none"> CHEESE (261 cal) TUNA MAYONAISE (189 cal) COOKED MEAT (158 cal) 				
SANDWICH SPECIAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheese & Bean Wrap (430 cal)	Cheese & Bean Wrap (430 cal)	Cheese & Bean Wrap (430 cal)	
FILLING STATION	Freshly baked potatoes served with a choice of filling plus salad or hot vegetable accompaniment. We serve the following fillings every day:- JACKET POTATO (91cal) BEANS (49cal) CHEESE (57 cal) TUNA MAYONAISE (44 cal) TUNA & CHEESE (101cal) CHEESE & BEANS (106cal)				
DESSERTS	MONDAYS Fresh Fruit (60cal)	TUESDAYS Biscuit (199 cal)	WEDNESDAYS Jelly (23 cal) or Fresh Fruit (60cal)	THURSDAYS Chocolate Beetroot Muffin (273 cal)	FRIDAYS Biscuit (199)
Daily Items:	Salad bar featuring seasonal salads, fruits & a homemade bread selection Milk (58 cal) and Water Cheese & Crackers				
Additional Items:	Cheese & crackers (154 cal) Soreen (91 cal) Soft cheese & breadsticks (152 cal) Yoghurts (92 cal) Apple (90 cal) Pear (57 cal) Orange (48 cal) Banana (145cal)				