



### WEEK 1 Autumn Term 2022

| FOOD STATION      | MONDAY  | TUESDAY                             | WEDNESDAY   | THURSDAY   | FRIDAY  |
|-------------------|---|-------------------------------------|---|--|---|
| FUEL STATION      | Meat balls in sauce and pasta<br>Garlic bread<br>(287 cal)  | Pizza<br>Wedges & Beans<br>(383cal) | Sandwich Day (various fillings and hot/cold choice)<br>(220cal) | Turkey Roast Dinner<br>(212 cal)                     | Fish Goujons<br>Potato Smilies<br>Peas<br>(328 cal) |
| SANDWICH STATION  | Sandwiches available on a selection of breads with salad accompaniment. We serve the following fillings every day:-<br><br><div> <div>CHEESE (261 cal)</div> <div>TUNA MAYONAISE (189 cal)</div> <div>COOKED MEAT (158 cal)</div> </div>  |                                     |   |  |   |
| SANDWICH SPECIAL  | MONDAY  | TUESDAY                             | WEDNESDAY   | THURSDAY   | FRIDAY  |
|                   |   | Cheese & Bean Wrap<br>(430 cal)     |   | Cheese & Bean Wrap<br>(430 cal)                      | Cheese & Bean Wrap<br>(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)<br><br>BEANS (49cal) CHEESE (57 cal) TUNA MAYONAISE (44 cal) TUNA & CHEESE (101cal) CHEESE & BEANS (106cal) |                                     |   |  |   |
| DESSERTS          | MONDAYS<br><br>Fresh Fruit (60cal)  | TUESDAYS<br><br>Biscuit (199 cal)   | WEDNESDAYS<br><br>Mouse (95 cal)                                | THURSDAYS<br><br>Chocolate Beetroot Muffin (273 cal) | FRIDAYS<br><br>Ice lollie (79 cal)                  |
| Daily Items:      | Salad bar featuring seasonal salads, fruits & a homemade bread selection<br>Milk (58 cal) and Water<br>Cheese & Crackers  |                                     |   |  |   |
| Additional Items: | Cheese & crackers (154 cal) Soreen (91 cal) Soft cheese & breadsticks (152 cal) Yoghurts (92 cal)<br>Apple (90 cal) Pear (57 cal) Orange (48 cal) Banana (145cal)   |                                     |   |  |   |