

WASPS & ABBOT ALPHEGE MENU – TERM 3, 2020

PLEASE NOTE: CHILDREN IN Yr 0 – Yr 2 ARE ELIGIBLE TO RECEIVE UNIVERSAL INFANT FREE SCHOOL MEALS. THEREFORE, THE £2.25 CHARGE DOES NOT APPLY.

	MEAT FREE Monday £2.25	Tuesday £2.25	Wednesday £2.25	Thursday £2.25	Friday £2.25
Main Meal	Pizza Swirls	“Farm Assured” Crispy Coated Chicken Fillet	“Farm Assured” Roast Chicken Breast	Chef’s Organic Beef Curry	MSC Breaded Fish Fillet
Vegetarian Option	Roasted Vegetable and 5 Bean Enchiladas	Crispy Coated Quorn Fillet	Chef’s Vegetable Lasagne	Sweet Potato, Spinach, and Lentil Dahl	Spanish Vegetable Omelette
Alternative	N/A	Oven Baked Jacket with Cheese and Beans	N/A	Oven Baked Jacket Potato served with Tuna Mayonnaise	Farm Assured Ham served with Chips, Beans or Sweetcorn
All of the above served with	Herby Diced Potatoes Freshly Baked Bread Fresh Salad Bar	Baby New Potatoes Sweetcorn Freshly Baked Bread Fresh Salad Bar	Roasted Potatoes Seasonal Organic Vegetables Rich Veggie Gravy	Wholegrain Rice Freshly Baked Fruity Bread Fresh Salad Bar	Chips, Baked Beans and Sweetcorn Freshly Baked Bread Fresh Salad Bar
Homemade Soup	Organic Parsnip Soup with a hint of Curry, served with French Baguette	Roasted Pepper Soup served with Crusty Bread	N/A	Cream of Mushroom Soup served with a Floured Soft Roll	N/A
KS1 Lite Bite	Free Range Egg Salad served with Pasta and Fresh Bread	Ham Salad served with Baby Potatoes and Fresh Bread	Cheese Salad served with Pasta and Fresh Bread	Tuna Mayonnaise served with Baby New Potatoes and Fresh Bread	Chicken Salad served with Pasta and Fresh Bread
KS2 Lite Bite	French Baguette filled with Free Range Egg and served with Fresh Salad	Tortilla Wrap filled with Ham and served with Fresh Salad	Wholemeal Sandwich filled with Cheese and served with Fresh Salad	Floured Roll filled with Tuna Mayonnaise and served with Fresh Salad	French Baguette filled with Chicken and served with Fresh Salad
Dessert	Lemon and Cinnamon Oaty Biscuit Organic Yoghurt Fresh Fruit Platter	Fruity Chocolate Crunch Organic Yoghurt Fresh Fruit Platter	Fruit Mousse Organic Yoghurt Fresh Fruit Platter	Glazed Pineapple Sponge Organic Yoghurt Fresh Fruit Platter	Various Ice Cream Pots Organic Yoghurt Fresh Fruit Platter

Please Note: Any child with food allergies or intolerances will be offered an alternative Main Course and Dessert to meet your child’s needs.

For those Pupils with Allergies a copy of the Allergens list can be obtained from the school office.

Please contact Chef Stu or Chef Mandy should you have any concerns.

Water Available Daily.