

GARTH SCHOOL MENU Prepared by The Priory School

11 th Sept – 15 th Sept 2017	Monday	Tuesday	Wednesday	Thursday	Friday
	Pasta Bolognese Mash Pots & 1 Veg	Sausage Potato Wedges Baked Beans	Chicken Pie Roast Pots Gravy & 1 Veg	Pork Curry & Rice & Mash Pots 1 Veg	Fishcake & Chips Spaghetti Hoops
	Cheese & Egg with Salad	Chicken Wrap with Salad	Pilchard with Salad	Crispy Veg Bake with Salad	Omelette with Salad
	Cheesecake <i>or Fruit or Yogurt</i>	Syrup Sponge & Custard <i>or Fruit or Yogurt</i>	Tinned Fruit & Icecream <i>or Fruit or Yogurt</i>	Fruit Crumble & Custard <i>or Fruit or Yogurt</i>	Jam Tart & Custard <i>or Fruit or Yogurt</i>
	✓ Quorn Bolognese	✓ Quorn Sausage	✓ Quorn Pie	✓ Quorn Curry	✓ Cheese Lattice

18 th Sept – 22 nd Sept 2017	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegi Curry & Rice, Potato & Naan Bread	Beef Stew & Potatoes 1 vegetable	Pork Steak Roast Pots 1 vegetable	Pasta Bolognese & Pots & 1 Veg	Breaded Plaice & Chips Mushy Peas
	Sausage Roll with Salad	Tuna & Lettuce Wrap with Salad	Cold Meat with Salad	Cheese & Egg with Salad	Cheese Lattice with Salad
	Muffin & Custard <i>or Fruit or Yogurt</i>	Oatmeal Cookie Custard <i>or Fruit or Yogurt</i>	Lemon Meringue Pie <i>or Fruit or Yogurt</i>	Pineapple Upsidedown with Custard <i>or Fruit or Yogurt</i>	Jelly & Ice Cream <i>or Fruit or Yogurt</i>
	✓ Quorn Curry	✓ Quorn Stew	✓ Quorn Fillet	✓ Quorn Bolognese	✓ Quorn Fillet

25 th Sept – 29 th Sept 2017	Monday	Tuesday	Wednesday	Thursday	Friday
	Pasta Bolognese & Pots & 1 Veg	Chicken Supreme & Rice/ Pots & 1 veg	Minced Beef Pie 1 veg Roast Pots & Gravy	Fish Fingers Potato Wedges Baked beans	Jacket Potato with Baked Beans/Tuna/Cheese
	Omelette with Salad	Fishcake with Salad	Cheese & Egg with Salad	Cold Meat with Salad	Sausage Roll with Salad
	Apple Crumble & Custard <i>or Fruit or Yogurt</i>	Raspberry Bun & Custard <i>or Fruit or Yogurt</i>	Iced Sponge & Custard <i>or Fruit or Yogurt</i>	Chocolate Crunch & Custard <i>or Fruit or Yogurt</i>	Muffin & Custard <i>or Fruit or Yogurt</i>
	✓ Quorn Bolognese	✓ Quorn Supreme	✓ Quorn Pie	✓ Quorn Fillet	✓ Vegi Sausage Roll

Meals are made fresh every day.

Please see the Allergens Chart on our website www.spaldingspecialschools.co.uk