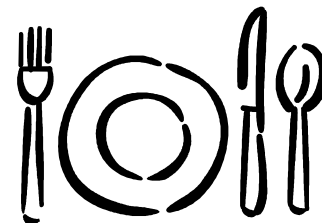


## Barnham Broom Primary School Lunch Menu WEEK 1



W/C - 22/4, 16/5, 10/6, 1/7, 22/7

Day/Option	Option 1	Option 2	Option 3	Option 4
<b>Mon</b> <b>Dessert:</b> Carrot cake	Low fat butchers Burger in homemade roll with salad, coleslaw and corn cobs	Baked crumbed vegetable burgers with salad, coleslaw and corn cobs	Jacket potato and salad with cheese <b>or</b> tuna	Homemade bread roll filled with ham, tuna, egg or cheese
<b>Tues</b> <b>Dessert:</b> Strawberry mousse	Chicken curry with rice, mixed vegetables and home made naan bread	Veggie curry with rice, mixed vegetables and home made naan bread	Jacket potato and salad with Chicken mayo <b>or</b> Coleslaw	Wrap filled with cheese, egg, or chicken mayo
<b>Wed</b> <b>Dessert:</b> Tropical fruit salad & natural yoghurt	Roast Gammon with a pineapple slice, peas, carrots and roast potatoes	Quorn sausage with peas, carrots and roast potatoes	Jacket potato and salad with ham <b>or</b> cheese	Rustic bread with jam, ham, tuna or cheese
<b>Thurs</b> <b>Dessert:</b> Chocolate* Oat bar (*cocoa)	Meatballs in tomato sauce with pasta and salad	Veggie meatballs in tomato sauce with pasta and salad	Jacket potato and salad with Meatballs <b>or</b> coleslaw	Pitta bread filled with Ham, egg, tuna or cheese
<b>Fri</b> <b>Dessert:</b> Artic roll with fruit compote	Fish star with chips, peas and spaghetti hoops	Veggie nugget with chips, peas and spaghetti hoops	Jacket potato and salad with spaghetti hoops <b>or</b> cheese	Bagel thins and cherry tomatoes & cucumber with dairylea slice, jam or marmite

ALL MEALS COOKED WITH FRESH MEAT FROM A LOCAL BUTCHER, SALAD ALSO AVAILABLE. FRESH FRUIT OR YOGHURT ARE PROVIDED AS AN ALTERNATIVE DESSERT TO THE DAILY SPECIALS. OPTION 4 IS SERVED WITH SALAD, A PIECE OF FRUIT, A DRINK AND A CHOICE OF DESSERT

### Food Allergies and Intolerances:

Please ask a member of the kitchen staff if you require information on the ingredients in the food we serve.