

**Penn Fields Week 2 WC 15<sup>th</sup> April & 6<sup>th</sup> May 2024**

<b>Sept 2023</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main meal</b>	Pork Meatballs with Mash, Berry sauce & Gravy	Grilled Beef Burger	Traditional Roast Chicken stuffing, sauce Yorkshire pudding & gravy	MSC Fish Fingers Or Fish & Chips	Chicken Tikka Masala
<b>Vegetarian option</b>	Vegan 'meatballs' with Mash, Berry Sauce & Gravy	Veggie Burger	Roast Quorn fillet & vegetarian gravy 26.5g carb	Vegan Chick Nuggets 19.2g carb	Vegetarian Tikka Masala
<b>Vegetable choice</b>	Sweetcorn Baked Beans Salad	Sweetcorn Peas Salad	Cauliflower 2.2g carb Broccoli	Mushy peas, beans or garden peas & sweetcorn 19.4g carb	Sweetcorn Peas Salad
<b>Starchy choice</b>		Lattice Fries	Roast potatoes 24g carb	Chunky chips 17g carb	Rice
<b>Grab &amp; go</b>	Freshly made Sandwich choice of Tuna mayo, Ham, Cheese with salad bar	Freshly made Sandwich choice of Tuna mayo, Ham, Cheese with salad bar	Freshly made Sandwich choice of Tuna mayo, Ham, Cheese with salad bar	Freshly made Sandwich choice of Tuna mayo, Ham, Cheese with salad bar	Freshly made Sandwich choice of Tuna mayo, Ham, Cheese with salad bar
<b>Jacket potato</b>	Low sugar & salt baked beans, cheese or tuna mayo	Low sugar & salt baked beans, cheese, or tuna mayo	Low sugar & salt baked beans, cheese, or tuna mayo	Low sugar & salt baked beans, cheese, or tuna mayo	Low sugar & salt baked beans, cheese, or tuna mayo
<b>Bread selection</b>	Crusty bread		Crusty bread	Bread & Butter	Naan Bread
<b>Pudding</b>	Flapjack Or Frozen smoothie Or Fresh fruit Or Yoghurt	Wicked cake Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Homemade Sponge & custard 60g carb Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Doughnut 41g carb Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Cookie 31.25g Or Vegetarian sugar-free jelly Or Fresh fruit Or Yogurt
<b>Gluten free option Must be pre-ordered</b>	Gf meatballs & Mash Jelly/fruit/smoothie	GF Burger  Jelly/fruit/smoothie	Traditional Roast Chicken no Yorkshire pudding/stuffing Jelly/fruit/smoothie	GF fish and chips  Jelly/fruit/smoothie	GF Chicken Tikka  Jelly/fruit/smoothie
<b>Dairy &amp; Egg-free option Must be pre-ordered</b>	Vegan Meatballs & Lattice Fries Jelly/fruit/smoothie	Vegan Burger & Wedges  Jelly/fruit/smoothie	Traditional Chicken no Yorkshire pudding/stuffing Jelly/fruit/smoothie	Vegan pasty & vegan gravy  Jelly/fruit/smoothie	Jelly/fruit/smoothie

