

Penn Fields Week 3 WC 22nd April & 13th May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mega Mondays	Around the world	Roast Day	Chip Shop Day	Classic dish
Main meal	Spaghetti Bolognese	All day breakfast with pork sausage and bacon	Traditional Roast Chicken, stuffing, Yorkshire pudding & gravy	Baked Breaded Fish or MSC fish fingers with tartar sauce and lemon wedge	Cheese & tomato Pizza
Vegetarian option	Vegan Bolognese	All day breakfast with 2 Quorn vegan sausages 9.1g carb	Roast Quorn fillet & vegan gravy 26.5g carb	Vegetable Fingers 8g carb	Cheese & tomato Pizza 23g carb
Vegetable choice	Baked Beans Salad Mixed Vegetables	Baked beans 7.2g carb Mixed Garden Salad	Steamed carrots & Cabbage 1.1g carb	Mushy peas or garden peas & sweetcorn 19.4g carb	Sweetcorn 7.8g carb Baked beans 7.2g carb Mixed salad
Starchy choice		Hash brown 11g carb	Roast potatoes 24g carb	Chunky chips 17g carb	Potato wedges 22.43g carb
Grab & go	Freshly made Sandwich choice of Tuna mayo, 44.75g Carb Ham or Cheese with salad bar	Freshly made Sandwich choice of Tuna mayo, Ham or Cheese with salad bar	Freshly made Sandwich Choice of Tuna mayo, Ham, or Cheese with salad bar	Freshly made Sandwich choice of Tuna mayo, Ham or Cheese with salad bar	Freshly made Sandwich Choice of Tuna mayo, Ham or Cheese with salad bar
Jacket potato	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
Bread selection	Garlic Bread 11g carb	Bread & butter 22g carb	Crusty bread 25g carb	Bread & butter 22g carb	Garlic bread 11g carb
Pudding	Cookie 31.25g carb Or Frozen smoothie Or Fresh fruit Or Yoghurt	Doughnut Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Sponge & Custard 60g carb Or Vegetarian sugar-free jelly Or Fresh fruit bag Or Yoghurt	Sweet Waffle Surprise 18.6g carb Or Vegetarian sugar-free jelly Or Fresh fruit bag Or Yoghurt	Cookie 31.25g carb Or Vegetarian sugar-free jelly Or Fresh fruit bag Or Yogurt
Gluten free option Must be pre-ordered	GF pasta Bolognese Jelly/fruit/smoothie	All day breakfast with GF sausage Jelly/fruit/smoothie	Traditional Roast Chicken no Yorkshire pudding Jelly/fruit/smoothie	GF Pollock & chips Jelly/fruit/smoothie	GF Pizza Jelly/fruit/smoothie
Dairy & egg-free option	Spaghetti Bolognese Jelly/fruit/smoothie	All day breakfast (no egg)	Traditional Roast Chicken no Yorkshire pudding	Vegan ' Chicken 'Nuggets Jelly/fruit/smoothie	Vegan Pizza

Must be pre ordered		Jelly/fruit/smoothie	Jelly/fruit/smoothie		Jelly/fruit/smoothie
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