

Penn Fields Week 1 WC 8<sup>th</sup> April, 29<sup>th</sup> April & 20<sup>th</sup> May **carb count**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>From sept 23</b>	<b>Mega Mondays</b>	<b>Around the world</b>	<b>Roast Day</b>	<b>Chip Shop Day</b>	<b>Classic dish</b>
<b>Main meal</b>	Pork Bangers Mash with Gravy	Homemade Beef Lasagne	Traditional Roast Chicken, Stuffing, Yorkshire Pudding & Gravy	MSC Fish Fingers Or Battered Fish	Sweet & Sour Chicken
<b>Vegetarian option</b>	Vegan Bangers and Mash with Gravy	Homemade Vegetable Lasagne	Roast Quorn fillet & Vegetarian gravy 26.5g carb	Vegetable Fingers 8g carb	Vegan 'Chicken' Nuggets with sweet & sour sauce & Rice
<b>Vegetable choice</b>	Peas & Sweetcorn Baked Beans 7.2g carb Salad	Salad Baked beans	Cauliflower Broccoli 5.2g carb	Mushy peas, Beans, or Garden Peas & Sweetcorn 19.4g carb	Corn on the Cob Beans 7.2g carb Salad
<b>Starchy choice</b>		Wedges	Roast potatoes 24g carb	Chunky chips 17g carb	Rice
<b>Grab &amp; go</b>	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	Freshly made Sandwich choice of Tuna mayo, Ham, Turkey or 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 77.2g carb	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>	Bread & Butter 22g carb	Garlic Bread 11g carb	Crusty bread 25g carb	Bread & Butter 22g carb	Crusty bread 25g carb
<b>Pudding</b>	Doughnut 41g carb Or Frozen smoothie Or Fresh fruit Or Yoghurt	Mini Waffle 18.6g carb Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Sponge & custard 60g carb Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Mousse Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt 7.6g carb	Cookie 31.25g carb Or Vegetarian sugar-free jelly Or Fresh fruit Or Yogurt
<b>Gluten free option Must be pre-ordered</b>	GF Bangers & Mash  Jelly/fruit/smoothie	GF Pasta & Tomato sauce  Jelly/fruit/smoothie	Traditional Roast Chicken No Yorkshire pudding/stuffing Jelly/fruit/smoothie	GF Fish and Chips  Jelly/fruit/	GF Sweet & Sour Chicken & rice  Jelly/fruit/smoothie

<b>Dairy &amp; egg-free option</b> <b>Must be pre-ordered</b>	Vegan Bangers & Wedges Jelly/fruit/smoothie	Vegan Pasty & Vegan Gravy Jelly/fruit/smoothie	Traditional Chicken or Vegan Fillet No Yorkshire pudding/stuffing Jelly/fruit/smoothie	Vegetable Fingers Jelly/fruit/smoothie	Vegan Chicken Nuggets Jelly/fruit/smoothie
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