

BLACKAWTON MUNCH BUNCH MENU SUMMER TERM 2019

Week 1 (WB 23/04, 13/05, 10/06, 01/07)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole wheat cheesy bacon pasta served with sliced brown French bread, homemade coleslaw, tomatoes, beetroot, lettuce. Tuna mayo	Fresh fish pie served with fresh carrots & garden peas. Sliced brown French bread & salad selection.	PICNIC DAY Served with pepper, carrot, cucumber sticks	Roast farm assured chicken breast with roast potatoes, fresh sweetcorn, cabbage & gravy.	Fresh MCS fish with homemade coating, oven baked & served with oven chips and a salad selection
Whole wheat cheesy pasta served with sliced brown French bread, homemade coleslaw, tomatoes, beetroot, lettuce.	Leek & vegetable pie served with fresh carrots & garden peas. Sliced brown French bread & salad selection.	PICNIC DAY Served with pepper, carrot, cucumber sticks	Homemade cheese/onion pasty with roast potatoes, fresh sweetcorn & cabbage	Homemade Vegetable frittata served with oven chips & a salad selection.
Fruity sorbet pot Plain Yoghurt with fresh fruit puree Sliced fresh fruit	Fresh fruit/jelly & ice cream Plain Yoghurt with fresh fruit puree Sliced fresh fruit	Homemade fruit cookies Plain yoghurt with fresh fruit puree Sliced fresh fruit	Fresh fruit salad bowl Plain yoghurt with fresh fruit puree	Homemade cake Plain yoghurt with fresh fruit puree Sliced fresh fruit

Fruit & vegetables all fresh produce from our supplier (seasonal) and from the school garden when available. All meats fresh from our suppliers butchery section with full traceability and achieving UK animal welfare standards. All eggs are free range and our bread, pasta & rice are brown or wholemeal. Fish are MSC approved and from a local supplier. Our ingredients are free of undesirable additives, artificial trans fats and have NOT been genetically modified . We can provide a menu for special diets including dairy free, gluten free.

BLACKAWTON MUNCH BUNCH MENU SUMMER TERM 2019

Week 2 (WB 29/04, 20/05, 10/06, 01/07)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole wheat Red Pesto pasta served with sliced brown French bread, peas, homemade coleslaw, tomatoes, beetroot, lettuce. Tuna mayo	Farm assured sausages served with creamy mashed potato fresh carrots & broccoli.	PICNIC DAY Served with pepper, carrot, cucumber sticks	Roast farm assured pork with roast potatoes, fresh carrots, cauliflower cheese & gravy.	Fresh MCS fish with homemade coating, oven baked & served with oven chips and a salad selection
Whole wheat Red pesto pasta served with sliced brown French bread, grated cheese, peas, homemade coleslaw, tomatoes, beetroot,	Vegetarian sausages served with creamy mashed potato, fresh carrots & broccoli.	PICNIC DAY Served with pepper, carrot, cucumber sticks	Homemade vegetable Yorkshire pudding with roast potatoes, fresh carrots, cauliflower cheese & vegetable gravy	Homemade Vegetable frittata served with oven chips & a salad selection.
Summer fruits tart Plain Yoghurt with fresh fruit puree Sliced fresh fruit	Fresh fruit crumble Plain Yoghurt with fresh fruit puree Sliced fresh fruit	Homemade fruit flapjack Plain yoghurt with fresh fruit puree Sliced fresh fruit	Fresh fruit salad bowl Plain yoghurt with fresh fruit puree	Homemade cake Plain yoghurt with fresh fruit puree Sliced fresh fruit

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BLACKAWTON MUNCH BUNCH MENU SUMMER TERM 2019

Week 3 (WB 07/05, 03/06, 24/06, 15/07)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole wheat bolognaise pasta served with sliced brown French bread, homemade coleslaw, sweetcorn, tomatoes, beetroot, lettuce. Tuna	Farm assured chicken cassoulet & puff pastry top served with fresh carrots & sweetcorn	PICNIC DAY Served with pepper, carrot, cucumber sticks	Roast farm assured turkey breast with roast potatoes, fresh swede, garden peas & gravy.	Fresh MCS fish with homemade coating, oven baked & served with oven chips and a salad selection
Whole wheat tomato & fresh basil pasta served with sliced brown French bread, homemade coleslaw, sweetcorn, tomatoes, beetroot & lettuce.	Mixed bean cassoulet & puff pastry top served with fresh carrots & sweetcorn	PICNIC DAY Served with pepper, carrot, cucumber sticks	Roast Quorn fillet with roast potatoes, fresh swede, garden peas & gravy.	Homemade Vegetable frittata served with oven chips & a salad selection.
Fresh fruit sponge Plain Yoghurt with fresh fruit puree Sliced fresh fruit	Fresh fruit crumble Plain Yoghurt with fresh fruit puree Sliced fresh fruit	Homemade gingerbread person Plain yoghurt with fresh fruit puree Sliced fresh fruit	Fresh fruit salad bowl Plain yoghurt with fresh fruit puree	Homemade cake Plain yoghurt with fresh fruit puree Sliced fresh fruit

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