

**Penn Fields Week 2 WC 11<sup>th</sup> September 2<sup>nd</sup> October 23<sup>rd</sup> October 20<sup>th</sup> November 11<sup>th</sup> December**

<b>Sept 2023</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main meal</b>	Ham & Cheese potatoes long boats	Grilled Pork Bangers & mash with gravy	Traditional Roast Chicken stuffing, sauce Yorkshire pudding & gravy	MSC Fish Fingers Or Fish & Chips	Chicken Tikka Masala
<b>Vegetarian option</b>	Cheesy potato long boats	Vegan bangers & mash	Roast Quorn fillet & vegetarian gravy	Vegan Chick'n Bites	Quorn Tikka Masala
<b>Vegetable choice</b>	Sweetcorn Baked Beans Salad	Salad Peas Carrots Baked beans	Cauliflower Broccoli	Mushy peas, beans or garden peas & sweetcorn	Sweetcorn Peas Salad
<b>Starchy choice</b>	Herby diced cube potatoes	Creamy mashed potato	Roast potatoes	Chunky chips	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>	Garlic bread	Bread & Butter	Crusty bread	Bread & Butter	Naan Bread
<b>Pudding</b>	Ice cream Or Frozen smoothie Or Fresh fruit Or Yoghurt	Jam Crumble Cake Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Sponge & custard Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Doughnut Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Cookie Or Vegetarian sugar-free jelly Or Fresh fruit Or Yogurt
<b>Gluten free option Must be pre-ordered</b>	GF pasta in tomato sauce  Jelly/fruit/smoothie	GF Bangers  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>	Pasta & tomato sauce  Jelly/fruit/smoothie	Vegan Sausage & Wedges  Jelly/fruit/smoothie	Traditional Chicken no Yorkshire pudding/stuffing Jelly/fruit/smoothie	Vegan pasty & vegan gravy  Jelly/fruit/smoothie	Jelly/fruit/smoothie
<b>Penn Fields Dairy &amp; egg-free option</b>	Potato long boat & Cheese	Vegan sausage & wedges	Traditional Roast Chicken no Yorkshire pudding	Vegan Chicken chips & beans	Vegan Pasty

<b>Must be pre ordered</b>	Jelly/fruit/smoothie	Jelly/fruit/smoothie	Jelly/fruit/smoothie	Jelly/fruit/smoothie	Jelly/fruit/smoothie
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