

Penn Fields Week 1 4th September, 25th September, 16th October, 13th November, 4th December 2023 **Mohamad carb count these are last terms**
his order needs TBC

	Monday	Tuesday	Wednesday	Thursday	Friday
From sept 23	Mega Mondays	Around the world	Roast Day	Chip Shop Day	Classic dish
Main meal	Homemade Cheese & Potato Pie with grilled Tomatoes	Traditional Mince Beef Pie	Traditional Roast Chicken, Stuffing, Yorkshire Pudding & Gravy	MSC Fish Fingers Or Battered Fish	Sweet & Sour Chicken
Vegetarian option	Pasta shapes with a tomato sauce Pasta 100g 73.6g Sauce 50g 3.6g	Vegan Pasty	Roast Quorn fillet & Vegetarian gravy 26.5g carb	Vegetable Fingers	Crispy Chick'n Bites with sweet & sour sauce & Rice
Vegetable choice	Sweetcorn Baked Beans 7.2g carb Salad	Peas Carrots 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
Starchy choice		Herby Diced Potatoes	Roast potatoes 24g carb	Chunky chips 17g carb	Rice
Grab & go	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
Jacket potato	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
Bread selection	Garlic Bread 11g carb	Bread & Butter 22g carb	Crusty bread 25g carb	Bread & Butter 22g carb	Crusty bread 25g carb
Pudding	Ice Cream Or Frozen smoothie Or Fresh fruit Or Yoghurt	Muffin Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	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 Or Vegetarian sugar-free jelly Or Fresh fruit Or Yogurt
Gluten free option Must be pre-ordered	GF pasta in tomato sauce Jelly/fruit/smoothie	GF Sausages & Herby diced potatoes. 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

Dairy & egg-free option Must be pre-ordered	Pasta & Tomato sauce 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 Chick'n bites Jelly/fruit/smoothie
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