

Penn Fields Week 3 WC 18th September 9th October 6th November, 27th November, 18th Dec

Carb count for Mohammed once order received for sept 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mega Mondays	Around the world	Roast Day	Chip Shop Day	Classic dish
Main meal	Classic Mac & Cheese	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	Tomato Pasta	All day breakfast with 2 Quorn vegan sausages	Roast Quorn fillet & vegan gravy	Vegan Crispy Chick'n Nuggets	Cheese & tomato Pizza
Vegetable choice	Baked Beans Salad	Baked beans Mixed Garden Salad	Steamed carrots & Cabbage	Mushy peas or garden peas & sweetcorn	Sweetcorn Baked beans Mixed salad
Starchy choice	Potato wedges	Hash brown	Roast potatoes	Chunky chips	Potato wedges
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	Crusty bread	Bread & butter	Crusty bread	Bread & butter	Garlic bread 11g carb
Pudding	Artic Roll Or Frozen smoothie Or Fresh fruit Or Yoghurt	Cornflake Cake Or Vegetarian sugar-free jelly Or Fresh fruit Or Yoghurt	Sponge & Custard Or Vegetarian sugar-free jelly Or Fresh fruit bag Or Yoghurt	Cookie Or Vegetarian sugar-free jelly Or Fresh fruit bag Or Yoghurt	Ice cream Or Vegetarian sugar-free jelly Or Fresh fruit bag Or Yogurt
Gluten free option <i>Must be pre-ordered</i>	GF pasta with tomato sauce 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	Tomato Pasta Jelly/fruit/smoothie	All day breakfast (no egg)	Traditional Roast Chicken no Yorkshire pudding	Vegan Crispy Chick'n Nuggets	Vegan Pizza

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