

All Schools Menu: 9th November 2015

Menu checked by:

Pelican Nutrition Services

Anna-Maria Holt BSc RD
Company Dietitian

www.pelicanprocurement.co.uk

Please note: Fresh seasonal salad bar is available daily.
Fresh fruit platters/yoghurts are available as an alternative to the dessert of the day

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Snack	Organic Milk Or Water Fresh Fruit Variety (Banana, Satsuma, Apple)	Organic Milk Or Water Mini Babybel With Grissini Wholewheat Bread Sticks	Organic Milk Or Water Fresh Fruit Variety (Banana, Satsuma, Apple)	Organic Milk Or Water Fresh Baked Pain Aux Raisin	Organic Milk Or Water Fresh Fruit Variety (Banana, Satsuma, Apple)
Freshly Made Soup	Soup Of The Day	Soup Of The Day	Soup Of The Day	Soup Of The Day	Soup Of The Day
Fresh Bread Option	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice	Freshly Baked Organic Brown/White Baguette Slice
Protein Main Course	Freshly Prepared Authentic Lamb Ragout With Garlic and Fresh Herbs	Freshly Prepared Turkey And Ham Pie Topped With Puff Pastry	Freshly Prepared BBQ Pork Strips	Free Range Chicken Minced Chilli Con Carne	Fresh Baked Mozzarella, Basil and Tomato Panini
Vegetables			Steamed Baby Corn, Carrots And Mange Tout	Organic Grated Cheese, Cherry Tomatoes and Cucumber Batons	Fruity Mixed Salad
Carbohydrate	Organic Grated Cheese With Baton Carrots And Cucumber Steamed Fibre Rich Whole Wheat Twisty Pasta	Steamed Broccoli and Cauliflower Oven Baked Herby Dice	Mediterranean 50/50 Cous Cous And Quinoa	Steamed 50/50 Brown and White Rice	Deep Fried Spicy Spirals
Fish Option	Freshly Prepared Salmon Fillet With A Salsa Verdi	Freshly Prepared MSC Cod Fillet In A Cheese Sauce	Freshly Prepared Poached Haddock With A Poached Egg	Baked Smoked Mackerel On A Bed Of Puy Lentils	Fresh Baked Tuna and Mozzarella Panini
Vegetarian Option	Freshly Baked Courgette, Halloumi And Beetroot Layer Slice	Freshly Prepared Chick Pea, Spinach and Sweet Potato Curry	Freshly Prepared Tomato And Avocado Bruschetta	Freshly Prepared Three Bean Ratatouille	Fresh Baked Houmous, And Chargrilled Red Pepper Panini
Allergy Food Option (Gluten Free, Dairy Free etc)	Please Inform The School Office Of Any Medical Allergy Conditions That Your Child/Children May Have.	Gluten, Egg and Dairy Free Main Course, Bread and Dessert	Gluten, Egg and Dairy Free Main Course, Bread and Dessert	Gluten, Egg and Dairy Free Main Course, Bread and Dessert	Gluten, Egg and Dairy Free Main Course, Bread and Dessert
Dessert	Freshly Baked Portuguese Egg Custard Tart With Strawberries	Organic Pip Tropical Fruit Smoothie	Steamed Jam And Coconut Sponge With Organic Custard	Fresh Fruit Platter Served With A Fruit Actimel	Oven Baked Oatmeal and Raisin Cookie Served With A Banana Milkshake



Marine Stewardship Council
Certified sustainable seafood



SAI GLOBAL

