WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Gyro Pitta	Chicken Nuggets	Roast Chicken, Stuffing & Gravy	Wholemeal Cheese & Tomato Pizza (v)	Ocean Friendly Fish Selection
CARBS	Mexican Rice	Herby Diced Potatoes	Mashed & Roast Potatoes	Potato Wedges	Chips
PUDDING	Mini Doughnut	Chocolate Brownie	Muffin Selection	Vanilla Iced Sponge	Fruity Jelly
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

SAMMY SWEETCORN SAYS...

'Enjoy your lunch!'





ALL SERVED WITH...

A choice of two vegetables, fresh fruit & fruit yoghurts
Bob Snail fruit rolls & strips or ice cream & sorbets

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Food allergen & intolerance information - before ordering speak to our staff about your requirements

WEEK 2



SAMMY SWEETCORN SAYS...

'Enjoy your lunch!'



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Oven Baked Sausage & Gravy	Fruity Chicken Taco	Roast Beef, Yorkshire Pudding & Gravy	Wholemeal Cheese & Tomato Pizza (v)	Ocean Friendly Fish Selection
CARBS	Mashed Potatoes	Herby Diced Potatoes or Rice	Mashed & Roast Potatoes	Potato Wedges	Chips
PUDDING	Waffles	Flapjack Selection	Muffin Selection	Chocolate Brownie	Fruit Sorbet
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

ALL SERVED WITH...

A choice of two vegetables, fresh fruit & fruit yoghurts
Bob Snail fruit rolls & strips or ice cream & sorbets

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WEEK 3



SAMMY SWEETCORN SAYS...

'Enjoy your lunch!'



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Meatballs in Tomato Sauce	Fish Fingers	Roast Chicken, Stuffing & Gravy	Wholemeal Cheese & Tomato Pizza (v)	Ocean Friendly Fish Selection
CARBS	Wholewheat Pasta	Herby Diced Potatoes	Mashed Potatoes	Potato Wedges	Chips
PUDDING	Waffles	Chocolate Crowns	Ice Cream	Cookie Selection	Fruity Jelly
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				



ALL SERVED WITH...

A choice of two vegetables, fresh fruit & fruit yoghurts
Bob Snail fruit rolls & strips or ice cream & sorbets

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