

**Robert Carre Trust**  
**Week 7**  
 September- January  
**Autumn Term**  
**16<sup>th</sup> October – 20<sup>th</sup> October**

Name ..... Class/Year .....

<b>Monday</b>		<b>Tick</b>
Main	Chicken korma served with rice, peas & naan bread	
Main (V)	Mixed beans in a salsa sauce served with rice, peas & naan bread	
Bread	Tuna mayo roll, yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Jammy shortcake & custard	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Tuesday</b>		<b>Tick</b>
Main	Creamy tomato & cheese pasta bake served with mixed vegetables	
Main (V)	Pesto pasta, served with grated cheese & mixed vegetables	
Bread	Ham baguette, yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Muffin	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Wednesday</b>		<b>Tick</b>
Main	Breaded Chicken fillet served with new potatoes & baked beans	
Main (V)	Vegetable burger served with new potatoes & baked beans	
Bread	Chicken wrap yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Chocolate orange sponge & custard	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Thursday</b>		<b>Tick</b>
Main	Sausage, Yorkshire pudding served with mash potatoes, carrots & gravy	
Main (V)	Quorn mince & vegetable casserole served Yorkshire pudding with mash potatoes, carrots & gravy	
Bread	Turkey sandwich , yoghurt, fruit or vegetable sticks cake or cookie	
Dessert	Cookie	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Friday</b>		<b>Tick</b>
Main		
Main (V)		
Bread		
Dessert		
Dessert		
Dessert		

Special Requirements Including any Food Allergies	<b>Total Meals :</b> <b>Cost per Meal :£2.50 per meal</b> <b>Total Amount :£</b>
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# THURS 14 SEPT

Please return this form and payment by

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**Please complete and detach this section and keep for your records (Parent's Copy) 16<sup>TH</sup> Oct**

Monday			Tuesday			Wednesday			Thursday			Friday		
M <sub>ain</sub>	V <sub>eg</sub>	D/ F/ Y	M <sub>ain</sub>	V <sub>eg</sub>	D/ F/ Y	M <sub>ain</sub>	V <sub>eg</sub>	D/ F/ Y	M <sub>ain</sub>	V <sub>eg</sub>	D/ F/ Y	M <sub>ain</sub>	V <sub>eg</sub>	D/ F/ Y