

**Robert Carre Trust**  
**Week 3**  
 September- January  
**Autumn Term**  
**13<sup>th</sup> – 17<sup>th</sup> November**

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

<b>Monday</b>		<b>Tick</b>
Main	Chicken & bacon in a carbonara sauce served with rice, naan bread & sweetcorn	
Main (V)	Chickpea, & cauliflower in a carbonara sauce served with rice, naan bread & sweetcorn	
Bread	Tuna Mayonnaise roll, yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Treacle sponge & custard	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Tuesday</b>		<b>Tick</b>
Main	Ham & cheese pinwheels served with new potatoes & carrots	
Main (V)	Cheese & tomato pinwheels served with new potatoes & carrots	
Bread	Chicken Wrap, yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Waffle & strawberry sauce	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Wednesday</b>		<b>Tick</b>
Main	Beef bolognaise served with pasta, garlic bread & peas	
Main (V)	Vegetable lasagne served with garlic bread & peas	
Bread	Egg mayo sandwich yoghurt, fruit or vegetable sticks, cookie or cake	
Dessert	Jammy Shortbread & custard	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Thursday</b>		<b>Tick</b>
Main	Roast turkey & Yorkshire pudding served with roast potatoes, gravy, broccoli & carrots	
Main (V)	Quorn sausage Yorkshire pudding served with roast potatoes, gravy, broccoli & carrots	
Bread	Ham Sandwich, yoghurt, fruit or vegetable sticks cake or cookie	
Dessert	Cookie	
Dessert	Fruit	
Dessert	Yoghurt	

<b>Friday</b>		<b>Tick</b>
Main	Fish pie served with mixed vegetables	
Main (V)	Jacket potato, vegetable nuggets served with baked beans	
Bread	Cheese baguette, yoghurt, fruit or vegetable sticks, cake or cookie	
Dessert	Muffin	
Dessert	Fruit	
Dessert	Yoghurt	

Special Requirements Including any Food Allergies	<b>Total Meals :</b> <b>Cost per Meal :£ 2.50/day</b> <b>Total Amount :£</b>

**THURS 12 OCT**

Please return this form and payment by

.....

**Please complete and detach this section and keep for your records (Parent's Copy) 13<sup>th</sup> Nov**

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