

Robert Carre Trust
Week 4
 September- January
Autumn Term
20th – 24th November

Name Class/Year

Monday		Tick
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	Apple Crumble & custard	
Dessert	Fruit	
Dessert	Yoghurt	

Tuesday		Tick
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	

Wednesday		Tick
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	

Thursday		Tick
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	

Friday		Tick
Main	Breaded fish served with sauté potatoes & sweetcorn	
Main (V)	Roasted vegetables & lentils in a tomato & basil sauce served with sauté potatoes & sweetcorn	
Bread	Cheese roll, yoghurt, fruit or vegetable sticks, cake or cookie	
Dessert	Flapjack	
Dessert	Fruit	
Dessert	Yoghurt	

Special Requirements Including any Food Allergies	Total Meals : Cost per Meal :£ 2.50/DAY Total Amount :£
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THURS 12 OCT

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) 20th November

Monday			Tuesday			Wednesday			Thursday			Friday		
Main	Veg	D/ F/ Y	Main	Veg	D/ F/ Y	Main	Veg	D/ F/ Y	Main	Veg	D/ F/ Y	Main	Veg	D/ F/ Y