

# November 2020 Chandag and Two Rivers School



## Phase 3 Hot Meals Menu (Served in each bubble)

Week Commencing – 02.11/16.11/30.11/14.12

<b>Meat Free Monday</b>
Macaroni Cheese (V) or Jacket Potato with Beans (DF)(GF) Both served with Garlic Bread  Fresh Melon Wedges (V)(DF)(GF)
<b>Tuesday</b>
Hot Dog (DF) or Cheese and Tomato Pinwheel <i>(Gluten and Dairy Free Option Available)</i> Both served with Herby Diced Potatoes  Chocolate Cookie (V) or Fruit Piece
<b>Wednesday</b>
Coated Chicken Fillet (DF) or Southern Style Quorn Burger (V) Both served with Shredded Lettuce in a Bun with Potato Wedges and Coleslaw <i>(Gluten Free Chicken and Bun Available)</i>  Yogurt Pot (V)(GF) or Fruit Piece
<b>Thursday</b>
Pasta Bolognese (DF)(GF) <i>(Gluten Free Pasta Available)</i> or 5 Bean Chilli and Rice (V)(GF)(DF)  Homemade Vanilla and Banana Cupcake (V) or Fruit Piece
<b>Friday</b>
Battered Fish Fillet <i>(Gluten Free Fish Fingers Available)</i> Or Quorn Dippers (V) Both served with Chips and Spaghetti Hoops  Ice Cream Pot (V)(GF) or Fruit Piece

Commencing - 09.11/23.11/07.12

<p style="text-align: center;"><b>Meat Free Monday</b></p> <p style="text-align: center;">Homemade Margarita Pizza Slice (V) <i>(Dairy Free and Gluten Free Pizza Available)</i> Or Vegetable Burger (V)(GF) Both served with Seasoned Diced Potatoes and Baked Beans</p> <p style="text-align: center;">Fresh Fruit Salad Pot (V)</p>
<p style="text-align: center;"><b>Tuesday</b></p> <p style="text-align: center;">Beef Lasagne or Pasta with a Homemade Tomato and Vegetable Sauce (V)(DF) Both served with Garlic Bread <i>(Gluten Free Pasta Available)</i></p> <p style="text-align: center;">Homemade Fruit Cupcake (V) or Fruit Piece</p>
<p style="text-align: center;"><b>Wednesday</b></p> <p style="text-align: center;">Farm Assured Sausage or Homemade Quorn Sausage Roll (V) Both served with Mashed Potatoes with Peas</p> <p style="text-align: center;">Yogurt Pot (V)(DF) or Fruit Piece</p>
<p style="text-align: center;"><b>Thursday</b></p> <p style="text-align: center;">Mild Chicken Curry (GF) or Vegetable Spring Roll (V) Served with Savoury Rice</p> <p style="text-align: center;">Chocolate and Beetroot Brownie (V) or Fruit Piece</p>
<p style="text-align: center;"><b>Friday</b></p> <p style="text-align: center;">Golden Fish Fingers x 2 or Vegetable Nuggets x 3 Served with Chips and Baked Beans <i>(Gluten Free Fish Fingers Available)</i></p> <p style="text-align: center;">Ice Cream Pot (V)(GF) or Fruit Piece</p>