

**Zest Chandag Infants Menu Nov 2018 – Feb 2019** Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Commencing: 05.11.2018 – 26.11.2018 – 17.12.2018 – 21.01.2019 – 11.02.2019</b>					
<b>Main Course Choices</b> We use Local Farm Assured Meats and MSC Fish...	Jacket Potatoes with Various Meat and Veggie Toppings (V) (DF)(GF) Option Available	'Taco Tuesday' Savoury Mince or Bean and Cheese Wrap (V)(HM)(GF)	Roast Chicken (GF)(DF) & Stuffing Or Quorn Fillet (V)(GF)	Sausage, Mash and Gravy (DF)(GF) Or Cheese Flan (V)(HM)	MSC Fish Fillet (DF)(GF) Or Veggie Nuggets x 3 (V)
<b>Side Dishes</b> Salad Bar Available Daily	Coleslaw and Salad		Seasonal Vegetables & Potatoes	Creamed Potato & Garden Peas	Baked Beans or Peas & Chips
<b>Dessert of the Day</b>	Home Baked Cookie (V)	Jelly Pot (V)(DF)(HM)(GF)	Carrot Cake Muffin (HM)(V)(DF)	Yeo Valley Organic Yoghurt Pot (V)(GF)	Ice Cream Pot (V)(GF)

<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Commencing: 12.11.2018 – 03.12.2018 – 07.01.2019 – 28.01.2019</b>					
<b>Main Course Choices</b> We prepare our food fresh each day using fresh ingredients...	Homemade Pizza Slice with Various Meat and Veggie Toppings (V)(HM) (DF)(GF) Option Available	Mediterranean Lamb with Rich Tomato Sauce (HM)(DF)(GF) Or Macaroni Cheese (V)	Roast Beef (GF)(DF) and Mini Yorkshire Pudding Or Veg Cottage Pie (V)(HM)	Chicken Hot Dog (GF)(DF) Or Pulled Quorn (HM)(V)	MSC Fish Fingers/Salmon Fish Fingers (GF)(DF) Or Veggie Sausage Roll (HM)(V)
<b>Side Dishes</b> Salad Bar Available Daily	Coleslaw and Salad	Mixed Vegetables	Seasonal Vegetables & Potatoes	Soft Brioche Bun Potato Wedges	Baked Beans or Sweetcorn & Chips
<b>Dessert of the Day</b>	Shortbread Square (HM)(V)	Cherry Cupcake (HM)(V)	Raspberry Ripple Mousse (V)	Ginger Cake (HM)(V)	Ice Cream Pot (V)(GF)

<u>Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Commencing: 19.11.2018 – 10.12.2018 – 14.01.2019 – 04.02.2019</b>					
<b>Main Course Choices</b> Our Eggs are Cage Free!	Cottage Pie (HM)(GF) Or Vegetable Sausage Hot Dog	Garlic Chicken (HM)(GF) Or Veggie Mince Lasagne (HM)(V)	Roast Pork (GF)(DF) with Stuffing Or Quorn and Leek Puff Pie (V)(HM)	Spaghetti Bolognese (HM)(DF) Or Veg Spring Roll and Egg Fried Rice (V)(HM)	MSC Fish Fillet (DF)(GF) Or Southern Coated Quorn Fillet
<b>Side Dishes</b> Salad Bar Available Daily	Sweetcorn	Herby Diced Potatoes & Mixed Vegetables	Seasonal Vegetables & Potatoes		Baked Beans or Peas & Chips
<b>Dessert of the Day</b>	Australian Crunch (HM)(V)	Cheese and Biscuits (V)	Reduced Sugar Angel Delight (HM)(V)(GF)	Steamed Apple Sponge & Custard (HM)(V)	Ice Cream Pot (V)(GF)

Fresh whole fruit is always available as an alternative to the daily dessert. Homemade bread, salad bar & milk will be provided at mealtimes.

Allergens and dietary needs are catered for, please contact us if you need special meals provided for your child.

We welcome any comments and feedback from parents and children – [zest@wellswaymat.com](mailto:zest@wellswaymat.com)



**Chandag**  
Infant School

