

Wittering Primary School

Weeks Beginning 17th November, 8th December, 19th January, 9th February, 2nd March, 23rd March

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>(for users of Breakfast Club only)</i>	Selection of Cereals Toast, Fruit and Yoghurt (G,M)	Selection of Cereals Toast, Fruit and Yoghurt (G,M)	Selection of Cereals Toast, Fruit and Yoghurt (G,M)	Selection of Cereals Toast, Fruit and Yoghurt (G,M)	Selection of Cereals Toast, Fruit and Yoghurt (G,M)
Lunch	Chicken Tikka (M,G) Served with Rice, Naan Bread (G) & Sweetcorn Or Vegetable Chinese Served with Egg Fried Rice & Sweetcorn (E) Followed by Ring Doughnuts	BBQ Pulled Pork Or Winter Warmer Quorn (In a tomato sauce) Served with Mash Potato & Peas Followed by Fruit Flapjack (G)	Roast Beef Or Quorn Toad In The Hole (G,M) Served with Roast Potato's, Cauliflower Cheese & Carrots (M) Followed by Cake & Custard (G,M)	Chicken Enchiladas with Peas (G) Or Quorn Curry Served with Rice, Naan (G) and Peas Followed by Waffles (G)	Sausage's Or Quorn Cheese Burger (M) Served with Chips, Beans or Peas (M) Followed by Lemon Tart (G)

Ham, Tuna or Cheese School Pack Lunches are available daily. Fresh Bread (White and Wholegrain) Available Daily. Fruit and Yoghurt are available each day as an additional dessert choice. Drinks are milk, water or juice. **Allergies: G=Gluten, E=Egg, M=Milk, F=Fish**

Tea <i>(available for After School Club users only)</i>	Sausage Bap & Vegetable Crisps (G) Fruit or Yoghurt (M)	Cheese Toastie & Spaghetti Hoops (G,M) Fruit or Yoghurt (M)	Cheese or Ham Roll with Vegetable Sticks (G,M) Fruit or Yoghurt (M)	Pizza Slice with Beans (M,G) Fruit or Yoghurt (M)	Tomato Pasta with Garlic Bread (G) Fruit or Yoghurt (M)
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All meals can be adapted to Gluten Free

All items are subject to availability and subject to change.