

West Alvington CofE Academy

Lunch Menu - Tuesday 23 April to Thursday 17 October 2019

Week 1 starts Tuesday 23 April, 13 May, 10 June, 1 July, Tuesday 3 September, 23 September, 14 October

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Chicken Goujons Veg Burger Pesto / Plain Pasta OR Jacket Potato with filling | Roast Gammon OR Jacket Potato and filling | Filled Roll With one filling Ham / Cheese / Tuna / Egg or Marmite | Lasagne Veg Lasagne OR Jacket Potato with filling | Cod Fish Fingers Veg Fingers OR Jacket Potato with filling |
| Sweetcorn | Roast Potatoes / Pasta Seasonal Veg | Potato Wedges Veg sticks Apple | Garlic Bread Salad | Chips / Pasta Baked Beans / Peas |
| Apple Crumble with Custard | Ice Cream | Shortcake | Chocolate / Strawberry mousse | Iced Sponge |

Week 2 starts 29 April, 20 May, 17 June, 8 July, 9 September, 30 September

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Sausage / Bacon Veg Sausage OR Jacket Potato with Filling | Roast Turkey OR Jacket Potato with Filling | Filled Roll With one filling Ham / Cheese / Tuna / Egg or Marmite | Pasta With Sauces Bolognese / Cheese / Tomato OR Jacket Potato with Filling | Cod Fish Fingers Veg Sausage OR Jacket Potato with filling |
| Hash Brown / Baked Beans | Roast Potatoes /Pasta Seasonal Veg | Potato Wedges Veg sticks Apple | Carrots | Chips / Pasta Baked Beans / Peas |
| Sponge and Custard | Iced Smoothies | Shortcake | Flapjack | Jelly |

Week 3 starts Tuesday 7 May, 3 June, 24 June, 15 July, 16 September, 7 October

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Cheese and Tomato Pizza OR Jacket Potato with Filling | Roast Pork OR Jacket Potato with Filling | Filled Roll With one filling Ham / Cheese / Tuna / Egg or Marmite | Chicken in a White Sauce / Tomato Sauce OR Jacket Potato with Filling | Cod Fish Fingers Veg Fingers OR Jacket Potato with filling |
| Potato Waffle Sweetcorn | Roast Potatoes /Pasta Seasonal Veg | Potato Wedges Veg sticks Apple | Carrots | Chips / Pasta Baked Beans / Peas |
| Mini Donuts | Ice Cream | Shortcake | Muffins | Chocolate Cracknell |

Jacket Potato fillings are Baked Beans, Cheese or Tuna. Salad, Coleslaw, Yoghurts and Fruit are available daily

Please circle your child's main course choice and return to the Academy office. Thank you

PUPIL'S NAME CLASS

PLEASE STATE IF VEGETARIAN OR VEGAN

FOOD ALLERGIES