

September 2020

Packed Lunch The Gates



	Week One	Week Two	Week Three
Monday	Cheese and Tomato Pizza (v) Veg Ravioli Sweetcorn Ginger Biscuit Fresh Fruit Juice	Hot Tomato Pasta (v) Garlic Bread Cheese Whirl Shortbread Biscuit Fresh Fruit Bottle Water	Cheese and Tomato Pizza (v) Veg Ravioli Sweetcorn Iced Sponge Milk (plain)
Tuesday	Pork Meatballs Veggie balls(v) Cheese Wrap Rice Mixed veg Fresh fruit Bottle Water	Chicken in gravy Quorn slice in gravy Roast Potatoes Fresh Fruit Fresh Fruit Juice	Hot Dog Vegetarian Hot Dog (v) Mini Waffles Cucumber Stick Fresh Fruit Fruit Juice
Wednesday	Vegetarian Sausage Roll (v) Omelette Noisette Potatoes Beans Apple Muffin Fresh Fruit Juice	Meat pie Cheese Pie Salad Potatoes Veg Chocolate Fudge Cake Bottle Water	Hot Chicken Wrap Tomato Pasta Wedges Salad Fruit Yoghurt Bottle Water
Thursday	Chicken Curry Fish fingers Rice Peas Iced Sponge Milk (plain)	Beef Burger/Veg Burger (v) Served on a Bun Chips Salad Fruit Yoghurt Fresh Fruit Juice	Meat and Potato Pasty Cheese Pasty (v) Salad Orange Crunch Muffin Fresh Fruit Juice
Friday	Quorn dippers Chips Filled Jacket Potato (v) Salad Chocolate Cookie Bottle Water	Harry Ramsden Fish Mini Waffle Filled Jacket Potato (v) Salad Fruit Yoghurt Milk (plain)	Fish Finger Bap Chips Filled Jacket Potato (v) Salad Oat Cookie Bottled Water

Please note:

*Wrap and Sandwich days will be either Fish or Meat e.g. (Chicken or Tuna)
and a Vegetarian option e.g. (Cheese)*