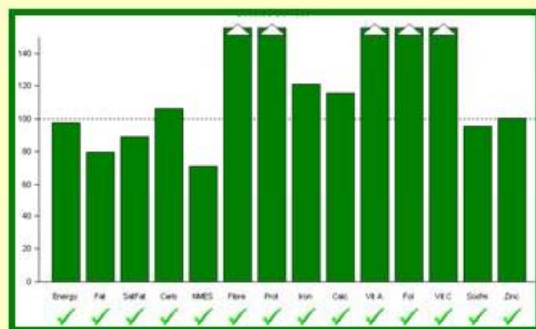


my munch

Chivenor Primary



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| Sausage Roll Salmon Nuggets Jacket Potato with Cheese | BBQ Chicken Fillet Fish Fiesta Cheese Baguette | Hot Dog or Beef Burger in a Bap Cheese Flan Chicken Tikka Wraps | Chicken Tikka Masala Fish Fingers Tuna or Ham Baguette | Cheese & Tomato Pizza Vegetable Samosa Filled Sandwiches |
| Creamed Potatoes Tomato Pasta Twists | Pasta Duo ½ Jacket Potatoes | Diced Potatoes Savoury Rice | Pilau Rice Creamed Potatoes | Parsley Potatoes Low Fat Chips |
| Sliced Carrots Peas | Broccoli Mixed Vegetables | Sweetcorn Peas | Mixed Vegetables Cauliflower | Sweetcorn Baked Beans |
| Lancashire Cookies Fruit Juice Yoghurt Fresh Fruit | Chocolate Sponge with Custard Yoghurt Fresh Fruit | Carrot Cake with Custard Yoghurt Fresh Fruit | Lemon Muffins Milkshake Yoghurt Fresh Fruit | Rice Pudding with Sultanas Yoghurt Fresh Fruit |



Additional Menu Options Available Daily
 Salad selection is available as an alternative to vegetables
 Fresh drinking water available daily
 Chunky bread available daily

Week 3



This menu has been approved by a qualified Nutritionist as reflecting the requirements of Current Government Guidelines.

