

MENU

Food in School Flagship School

WEEK 1

Cambo First School Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Wraps with a choice of cous cous / pasta, salad</p> <p>Gluten, dairy, fish</p>	<p>Mediterranean Pasta Bake / Cheesy pasta/ Pasta Bolognaise</p> <p>Bread</p> <p>Gluten, dairy</p>	<p>Roast Dinner</p> <p>Roast potatoes</p> <p>Bread</p> <p>Gluten, dairy</p>	<p>Chicken Pie with potatoes</p> <p>Gluten, dairy</p>	<p>Homemade Pizza with chips</p> <p>Gluten, dairy</p>
VEGETABLES		Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Beans / Spaghetti Hoops
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Chocolate Sponge with chocolate sauce</p> <p>Gluten, eggs, dairy</p>	<p>Cheese and biscuits with Fruit</p> <p>Gluten, eggs, dairy</p>	<p>Rice Pudding</p> <p>Dairy</p>	<p>Fruit crumble and custard</p> <p>Gluten, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily



* all eggs free range

* Freshly Prepared Dish



* Vegetable and Fruit in season from the school garden

* Vegetarian option available on request * all meat / milk is local and/or/ organic



MENU

Food in School Flagship School

WEEK 2

Cambo First School Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Soup and Sandwich Choice of fillings Gluten, dairy</p>	<p>Mediterranean Pasta Bake / Cheesy pasta/ Pasta Bolognese Gluten, eggs, dairy</p>	<p>Roast Dinner with Roast potatoes Bread Gluten, eggs, dairy</p>	<p>Savoury Mince pie / cobbler With Creamed potatoes Gluten, dairy</p>	<p>Oven Baked Sausages With plain / spiced potato wedges Bread Gluten, eggs</p>
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetable	Seasonal Vegetables	Beans / Spaghetti Hoops
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Chocolate Brownie with glass of Fruit Juice gluten, eggs, dairy</p>	<p>Sponge Cake with Custard Gluten, eggs, dairy</p>	<p>Jam, cream scone gluten, eggs, dairy</p>	<p>Cheesecake Gluten, dairy</p>	<p>Heinz 57 Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily

* all eggs free range

* Vegetable and Fruit in season –salad from school for three weeks

* Vegetarian option available on request * all meat / milk is local and/or/ organic



* Freshly Prepared Dish



MENU

Food in School Flagship School

WEEK 3

Cambo First School Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Jacket potatoes with a choice of fillings</p> <p>Gluten, dairy</p>	<p>Mediterranean Pasta Bake / Cheesy pasta/ Pasta Bolognese</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Roast Dinner</p> <p>roast potatoes</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Meatballs with spaghetti / Lasagne</p> <p>Garlic Bread</p> <p>Gluten, dairy</p>	<p>Fish Fingers with waffles</p> <p>Bread</p> <p>Gluten, fish</p>
VEGETABLES	Seasonal vegetables vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Beans / Spaghetti Hoops
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Marble cake with custard</p> <p>Gluten, eggs, dairy</p>	<p>Jelly / Yogurt / Melon</p> <p>Gluten, eggs, dairy</p>	<p>Sticky Toffee Pudding with sauce</p> <p>Gluten, eggs, dairy</p>	<p>Flapjack / Muffin with a glass of fruit juice</p> <p>Gluten, eggs, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yogurts available daily



*Freshly Prepared Dish



* Vegetable and Fruit in season * all meat / milk is local and/or/ organic
* Vegetarian option available on request * all eggs free range

