

September 2020 SALTFORD school



Phase 2 Introduction of Hot Meals

(Served in each bubble)

Week Commencing - 12.10.2020 and every other week thereafter UFN

Meat Free Monday
Homemade Margarita Pizza Slice (V) Served with Seasoned Diced Potatoes and a Mixed Salad <i>(Gluten Free and Dairy Free Pizza Available)</i>
Homemade Shortbread Finger (V) Or Fruit Piece
Tuesday
Broccoli Cheese Pasta (V) Served with Garlic Bread <i>(Gluten Free Pasta Available)</i> <i>(Dairy Free Pasta Sauce will be Tomato and Vegetable)</i>
Fresh Fruit Salad Pot (V)(GF)(DF)
Wednesday
Chicken Fillet (GF)(DF) or Southern Coated Quorn Burger (V) Served in a Bun with Potato Wedges and Sweetcorn <i>(Gluten Free Bun Available)</i>
Homemade Oat and Apricot Cookie (V)(DF) Or Fruit Piece
Thursday
Mild Chicken Curry (GF) or 5 Bean Chilli (DF)(GF)(V) Served Savoury Rice
Yogurt Pot (V)(GF) Or Fruit Piece
Friday
Golden Fish Fingers x 2 or Vegetable Nuggets x 3 Served with Chips and Sweetcorn <i>(Gluten Free Fish Fingers Available)</i>
Ice Cream Pot (V)(GF) Or Fruit Piece

Week Commencing – 19.10.20 and every other week thereafter UFN

Meat Free Monday
Jacket Potato with Beans (DF) and Cheese (GF)(V) Served with a Mixed Salad Homemade fRUIT Muffin (V)(DF) Or Fruit Piece
Tuesday
Pasta with Homemade Tomato Sauce (V)(DF) Served with Garlic Bread <i>(Gluten Free Pasta Available)</i> Fresh Fruit Salad Pot (V)(GF)(DF)
Wednesday
Farm Assured Sausage or Quorn Dippers (V) Served with Mash and Peas Homemade Fruity Flapjack (V)(GF)(DF) Or Fruit Piece
Thursday
Pasta Bolognese (DF)(GF) or Veggie Bolognese (DF)(V) Served with Mixed Salad <i>(Gluten Free Pasta Available)</i> Yogurt Pot (V)(GF) Or Fruit Piece
Friday
Battered Fish Fillet Or Homemade Vegetable Sausage Roll Served with Chips and Peas <i>(Gluten Free Fish Fingers Available)</i> Ice Cream Pot (V)(GF) Or Fruit Piece