



# ACORNS SCHOOL

## WEEK 1

Freshly  
made  
every day!



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
<b>Monday</b>	<b>Mac &amp; Cheese</b> served with Garlic Flatbread and Sweetcorn	<b>Cheese and Tomato Pizza</b> served with Half a Jacket Potato and Sweetcorn	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans Tuna or Beans served with Mixed Salad	<b>Flapjack</b> or Low Fat Yoghurt or Fruit Salad
<b>Tuesday</b>	<b>Mild Chicken Curry</b> served with Rise, ½ Garlic Nann Bread and Mixed Peppers	<b>Cheese Flan</b> served with Jacket Wedges and Mixed Peppers	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans Tuna or Beans served with Carrot & Cucumber Sticks	<b>Jam Sponge &amp; Custard</b> or Low Fat Yoghurt or Fruit Salad
<b>Wednesday</b>	<b>Roast Chicken Fillet</b> served with Creamy Mash, Carrot & Pea Medley and Gravy	<b>Vegetable Sausages</b> served with Creamy Mash, Carrot & Pea Medley and Gravy	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Mixed Salad	<b>Banana Cake</b> or Low Fat Yoghurt or Fruit Salad
<b>Thursday</b>	<b>Chicken &amp; Veg Casserole</b> served with New Potatoes	<b>Tomato and Lentil Soup</b> served with Half a Sandwich filled with Cheese or Tuna served with Carrot Sticks	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans Tuna or Beans served with Mixed Salad	<b>Vanilla &amp; Berry Cookie</b> or Low Fat Yoghurt or Fruit Salad
<b>Friday</b>	<b>Breaded Fish Fillet</b> served with Chips and Garden Peas	<b>Kitchen Made Veggie Burger</b> served with Chips and Garden Peas	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Carrot & Cucumber Sticks	<b>Marble Cake &amp; Chocolate Sauce</b> or Low Fat Yoghurt or Fruit Salad

**Available Daily: Fresh Fruit and Bread!**

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## WEEK 2

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DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
<b>Monday</b>	<b>Margherita Pizza</b> served with Sweetcorn and Carrot & Cucumber Sticks	<b>Roasted Vegetable &amp; Basil Pasta</b> served with Sweetcorn and Carrot & Cucumber Sticks	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Carrot & Cucumber Sticks	<b>Shortbread</b> or Low Fat Yoghurt or Fruit Salad
<b>Tuesday</b>	<b>Chicken Sausages</b> served with Creamy Mash and Baked Beans	<b>Cheese and Bean Pasty</b> served with Creamy Mash and Baked Beans	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Mixed Salad	<b>Fruit Salad</b> or Chocolate Crunch or Low Fat Yoghurt
<b>Wednesday</b>	<b>Roast Chicken Breast</b> served with Creamed Potatoes, Yorkshire Pudding, Carrot & Green Bean Medley and Gravy	<b>Vegetable Sausage in Yorkshire Pudding</b> served with Creamed Potatoes, Yorkshire Pudding, Carrot & Green Bean Medley and Gravy	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Carrot & Cucumber Sticks	<b>Iced Orange Drizzle Cake</b> or Low Fat Yogurt or Fruit Salad
<b>Thursday</b>	<b>Meat and Potato Pie</b> served with Garden Peas, Sweetcorn and Crusty Bread	<b>Tomato and Lentil Soup</b> served with Half a Sandwich filled with Cheese or Tuna served with Carrot Sticks	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Mixed Salad	<b>Fruit Salad</b> or Oaty Cookie or Low Fat Yoghurt
<b>Friday</b>	<b>Fish Fingers</b> served with Chips and Garden Peas	<b>Crustless Veg Quiche</b> served with Chips and Garden Peas	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna & Beans served with Carrot & Cucumber Sticks	<b>Golden Syrup Sponge &amp; Custard</b> or Low Fat Yoghurt or Fruit Salad



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## WEEK 3

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DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
<b>Monday</b>	<b>Cheesy Pizza</b> served with Filled Cheesy Potato Skins and Mixed Salad	<b>Sweet Tomato Pasta Bake</b> served with Garlic Flatbread and Mixed Salad	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Carrot & Cucumber Sticks	<b>Fruit Salad</b> or Custard Cookie or Low Fat Yoghurt
<b>Tuesday</b>	<b>Creamy Chicken Pie</b> served with Baby Potatoes and Carrots	<b>Tomato and Lentil Soup</b> served with Half a Sandwich filled with Cheese or Tuna served with Carrot Sticks	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Tuna or Beans served with Mixed Salad	<b>Chocolate Brownie</b> or Low Fat Yoghurt or Fruit Salad
<b>Wednesday</b>	<b>Cottage Pie</b> served with Cauliflower and Gravy	<b>Cheese Whirl</b> served with Jacket Wedges and Sweetcorn	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Carrot & Cucumber Sticks	<b>Sticky Toffee Muffin</b> or Low Fat Yoghurt or Fruit Salad
<b>Thursday</b>	<b>Spaghetti Bolognaise</b> served with Sweetcorn and Mixed Pepper Salad	<b>Vegetarian Bolognaise</b> served with Spaghetti, grated Cheddar and Peas	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans, Tuna or Beans served with Mixed Salad	<b>Fruit Salad</b> or Cherry Shortbread or Low Fat Yoghurt
<b>Friday</b>	<b>Breaded Salmon Goujons</b> served with Chips, Garden Peas and Tomato Sauce	<b>Margherita Pizza Baguette</b> served with Chips, Garden Peas and Tomato Sauce	<b>Assorted Sandwiches</b> filled with Ham, Cheese or Tuna served with Carrot & Cucumber Sticks	<b>Jacket Potato</b> filled with Cheese, Cheese & Beans Tuna or Beans served with Carrot & Cucumber Sticks	<b>Jam &amp; Coconut Sponge</b> or Low Fat Yoghurt or Fruit Salad

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