

Name:

Please highlight your child's meal choices for the first week back – future orders to be placed on the Arbor App.

epa epworth primary


















Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Butchers Sausage, Potato and Peas ● ○	Cottage Pie with Creamy Mash	Roast Chicken & Stuffing ●	Chicken Tandoori Bites & Whole meal Pitta ● ●	Fish and Chips ● ●
Vegetarian Main Meal	Pasta Arabiatta ●	Vegan Sweet & Sour Butternut Squash with 50/50 Rice	Mediterranean Tart ●	Lentil Dahl With 50/50 Rice	Quorn Nuggets with Chips ●
Seasonal Vegetable	Peas and Sweetcorn	Peas and Carrots	Veg Medley	Savoury Rice	Baked Beans
Jacket Potatoes Various Allergies	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pick and Mix Various Allergies	Ham or Cheese Sandwich	Turkey or Tuna Sandwich	Chicken or Egg Mayo Sandwich	Ham or Cheese sandwich	Tikka mayo or Cheese and Tomato sandwich
Pudding	Fruit Cocktail and Ice Cream ●	Raspberry and Apple Crumble ● ●	Fruit Yoghurt and Jelly ●	Chocolate Brownie with Custard ● ●	Chocolate Muffin and Milkshake ● ● ● ●

● GLUTEN ● SOYA ● DAIRY ● EGG ● CELERY ● FISH ● SULPHITES

● MUSTARD

NO NUTS ARE USED IN OUR COOKING,
IF YOUR CHILD HAS AN ALLERGY OTHER THEN SHOWN PLEASE CONTACT THE SCHOOL























Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Bbq Meat ball Sub 	Lasagna with Garlic Bread 	Chicken and Leek Pie with a Puff Pastry Topping 	All day Breakfast 	Fishfingers and Chips 
Vegetarian Main Meal	Cheese and Broccoli Quiche 	Oriental Veg and Quorn Stir Fry 	Fish Pie 	Vegetarian All Day Breakfast 	Cheese and Onion Pasty 
Seasonal Vegetable	Sweetcorn & Wedges	Garden Peas & Salad	Veg Medley	Beans And Potato Cubes	Baked Beans/ Mushy Peas
Jacket Potatoes Various Allergies	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pick and Mix Various Allergies	Ham or Cheese Sandwich	Tuna Sandwich or Cheese Salad Wrap	Chicken or Egg Mayo Sandwich	Ham or Cheese sandwich	Tikka mayo or Cheese and Tomato sandwich
Pudding	Strawberry Mousse 	Lemon Sponge & Custard 	Fruit Yoghurt and Jelly 	Fruity Flapjack & Custard 	BlueBerry Muffin & Milkshake 

-  GLUTEN
-  SOYA
-  DAIRY
-  EGG
-  CELERY
-  FISH
-  SULPHITES
-  MUSTARD

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken and roasted Veg with Cous Cous 	Beef Bourginon	Roast Gammon	Chicken Casserole	Chicken Nuggets & Chips Mc celery  
Vegetarian Main Meal	Plant based Meatball Pasta  	Vegan Plant Based Chilli	Salmon and Ketchup Fishcakes   	Rainbow Cheese Pizza  	Vegan Sausage Roll with Chips 
Seasonal Vegetable	Garden Salad/Peas	Wholegrain Rice	Veg Medley	Wedges & Sweetcorn	Baked Beans
Jacket Potatoes Various Allergies	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo	Cheese, Baked Beans or Tuna Mayo
Pick and Mix Various Allergies	Ham or Cheese Sandwich	Tuna Sandwich or Cheese Salad Wrap	Chicken or Egg Mayo Sandwich	Ham or Cheese sandwich	Tikka mayo or Cheese and Tomato sandwich
Pudding	Banana & Ice Cream 	Treacle Sponge & Custard   	Fruit Yoghurt & Jelly 	Chocolate Krispy Cake  	Fruity Shortbread & Milkshake  

-  GLUTEN
-  SOYA
-  DAIRY
-  EGG
-  CELERY
-  FISH
-  SULPHITES
-  MUSTARD
-  MC SEASAME

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