

Name: _____

Year Group: _____

Week Beginning: 8th March

Chapel Rock Café Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Meat Pizza <input type="checkbox"/>	Sausage Roll and Jacket Potato <input type="checkbox"/>	Roast Turkey with Roast Potatoes <input type="checkbox"/>	Spaghetti Bolognese <input type="checkbox"/>	Brunch <input type="checkbox"/>
Main Option 2	Rainbow Vegetarian Pizza <input type="checkbox"/>	Vegetable Frittata <input type="checkbox"/>	Quorn Sausage <input type="checkbox"/>	Sweet Potato & Chick Pea Curry and Rice <input type="checkbox"/>	
	Salad Bar and Seasonal Vegetables available daily				
	Assorted Bread Rolls				
Dessert	Berry Cupcakes	Chocolate Sponge and Chocolate Sauce	Fruit Flan	Coconut Tart and Custard	Fruity Granola Squares
	Yoghurts and Fresh Fruit available daily				
Packed Lunch from home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- All meals are freshly prepared each day in our school kitchen. Please see overleaf for allergens and menu information.
- Please select one option per day. Reception, Year 1 and Year 2 if no menu is returned Main Option 1 will be chosen for your child.
- Meals are £2.20 per child if not eligible for Free School Meals
- **Please return completed menus by Friday 5th March 2021**

Total Payment Enclosed: £

Do you have any suggestions for any of your children's favourite homemade meals that we could provide in school in the Spring Term?

Email them to the school:

enquiries@chapel-cit.co.uk

Allergies Information

Monday	Meat Pizza	Gluten	Vegetarian Pizza	Gluten	Berry Cupcakes	Gluten, Milk Eggs
Tuesday	Sausage Roll and Jacket Potato	Gluten, Milk Eggs	Vegetable Frittata	Eggs, Milk	Chocolate Sponge and Chocolate Sauce	Gluten, Milk Eggs
Wednesday			Quorn Sausage	Eggs, Milk	Fruit Flan	Gluten, Eggs Milk
Thursday	Spaghetti Bolognaise	Milk	Sweet Potato & Chickpea Curry and Rice		Coconut Tart and Custard	Gluten, Eggs Milk
Friday	Brunch	Eggs, Milk			Fruity Granola Squares	Gluten, Sulphites

If you cannot decide which of our new meals to choose from don't worry you can ask for a 'taster' of the meal you don't choose!