

Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

Week Beginning: 23<sup>rd</sup> March

## Chapel Rock Café Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Option 1</b>	Butcher's Sausages and Mashed Potato <input type="checkbox"/>	Breaded Chicken Nuggets with Jacket Potato Wedges <input type="checkbox"/>	Roast Beef with Roast Potatoes <input type="checkbox"/>	Jacket Potato with various Fillings <input type="checkbox"/>	Ham Pizza <input type="checkbox"/>
<b>Main Option 2</b>	Quorn Curry and Rice <input type="checkbox"/>	Vegetable Bolognese <input type="checkbox"/>	Cheese and Onion Quiche <input type="checkbox"/>		Cheese Omelette <input type="checkbox"/>
	Salad Bar and Seasonal Vegetables available daily				
	Assorted Bread rolls				
<b>Dessert</b>	Lemon Drizzle Cake	Banana Sensation	Fruit Crumble and Custard	Cornflake Tart	Fruit Shortcake
	Yoghurts and Fresh Fruit available daily				
<b>Packed Lunch From Home</b>	<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 20<sup>th</sup> March 2020**

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

Jot them down on a piece of paper or email them to the school

[enquiries@chapel-cit.co.uk](mailto:enquiries@chapel-cit.co.uk)

### Breaded Chicken Nuggets

Bite size pieces of chicken freshly coated in a crispy crumb and baked in the oven until cooked and golden brown.

### Cheese Omelette

A deliciously light freshly made omelette with a melted cheese centre.

#### Allergies Information

<b>Monday</b>	Butcher's Sausage and Mash	Gluten			Lemon Drizzle Cake	Gluten Eggs
<b>Tuesday</b>	Breaded Chicken Nuggets	Eggs Gluten	Vegetable Spaghetti Bolognese	Gluten Eggs, Celery	Banana Sensation	Milk
<b>Wednesday</b>			Cheese and Onion Quiche	Gluten Eggs, Milk	Fruit Crumble and Custard	Gluten Eggs Milk
<b>Thursday</b>	Jacket Potato with various fillings	Gluten Milk			Cornflake Tart	Gluten
<b>Friday</b>	Ham Pizza	Gluten	Cheese Omelette	Eggs Milk	Fruit Shortcake	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!