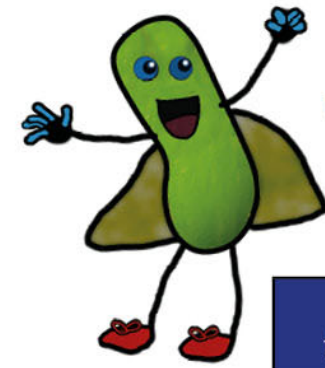


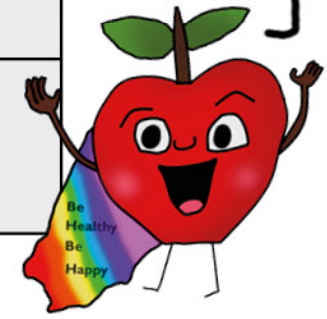
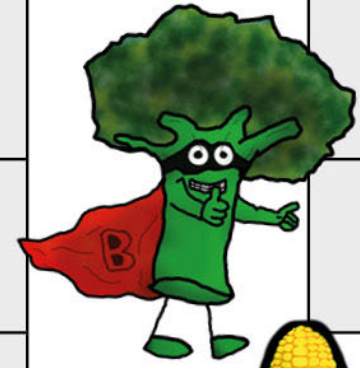
Week One

# First Schools' Menu



	Option #1	Option #2	Veggies	Pudding
Monday	Mac Cheese Served with Garlic Bread D/W	Vegetable Ravioli & Crusty Bread W	Green Beans Peas	Lemon Cookie D/E/W
Tuesday	Battered Chicken Steak Served with Waffles W	Tuna & Sweetcorn Pasta Bake W/F	Beans Sweetcorn	Oaty Biscuit
Wednesday	Pork Loin, Roast Potatoes & Yorkshire Pudding W / E	Cheesy Potato & Vegetable Bake D/W	Cabbage Carrots	Vanilla Muffin D /W / E
Thursday	Beef Pasta Bolognaise Served with Garlic Bread W	Cheese & Potato Pie D	Mixed Vegetables Spaghetti Hoops	Fruit & Jelly
Friday	Fish Fingers & Oven Chips W/F	Jacket Potato Served with Beans/ Tuna/ or Cheese & Crispy Salad	Beans Peas	Ice Cream D

Available Daily
Mixed Salad
Yoghurts
Fresh Fruit
Milk
Water



## Food Superheroes

- 'Runner Hero' by Luke Henson.  
St John's First School
- 'Captain Corn' by Jackson Whitby.  
Marshbrook First School
- 'Brave Broccoli' by Emily Haughtey.  
Princefield First School
- 'Miss Athletico Apple Core' by Lana Reid.  
St Mary & St Chad First School

### Allergen Legend

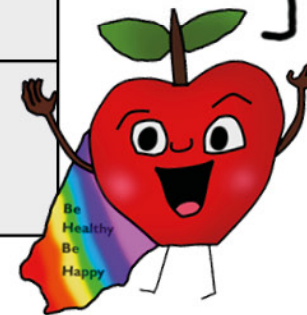
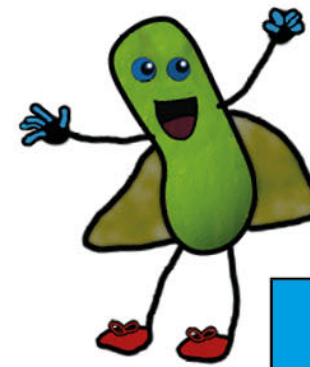
(W) Wheat/gluten
 (E) Eggs
 (F) Fish
 (D) Dairy / milk



Week  
Two

# First Schools' Menu

 **PENK VALLEY  
ACADEMY TRUST**



## Available Daily

Mixed Salad  
Yoghurts  
Fresh Fruit  
Milk  
Water

## Food Superheroes

'Runner Hero' by Luke Henson,  
St John's First School

'Captain Corn' by Jackson Whitby,  
Marshbrook First School

'Brave Broccoli' by Emily Haughtey,  
Princefield First School

'Miss Athletico Apple Core' by Lana Reid,  
St Mary & St Chad First School

	Option #1	Option #2	Veggies	Pudding
Monday	Cheese & Tomato Pizza Served with Hash Rounds D / W	Veggie Nuggets & Hash Rounds W	Mixed Vegetables	Custard Biscuit W
Tuesday	Pork Meatball Pasta Bake W	Vegetable Fingers with Hash Brown W	Sweetcorn Spaghetti Hoops	Rice Krispy Slice
Wednesday	Sausage & Mash Served with Yorkshire Pudding W/ E	Quorn Sausage with Mash E	Cabbage Carrots	Chocolate Sponge E/W
Thursday	Mild Beef Chilli with Rice & Pitta Bread	Mini Omelettes & Served with Waffles & Beans E/W	Broccoli Sweetcorn	Ice Cream & Fruit D
Friday	Fish Fingers Served with Oven Chips W / F	Jacket Potato Served with Beans/ Tuna/ or Cheese & Crispy Salad D / F	Beans Peas	Raspberry Muffin E

## Allergen Legend



(W)  
Wheat/gluten



(E)  
Eggs



(F)  
Fish



(D)  
Dairy / milk

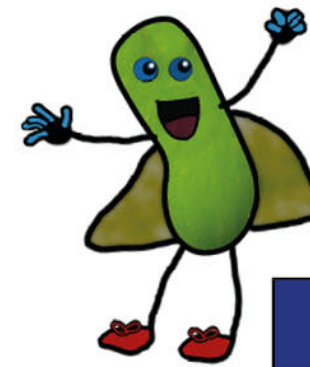




Week  
Three

# First Schools' Menu

 **PENK VALLEY  
ACADEMY TRUST**



## Available Daily

Mixed Salad  
Yoghurts  
Fresh Fruit  
Milk  
Water

## Food Superheroes

'Runner Hero' by Luke Henson,  
St John's First School

'Captain Corn' by Jackson Whitby,  
Marshbrook First School

'Brave Broccoli' by Emily Haughtey,  
Princefield First School

'Miss Athletico Apple Core' by Lana Reid,  
St Mary & St Chad First School

	Option #1	Option #2	Veggies	Pudding
<i>Monday</i>	Quorn Bolognaise Pasta served with Garlic Bread W	Fishcake Served with Hash Brown D / W / F	Spaghetti Hoops Sweetcorn	Lemon Cookie D / E / W
<i>Tuesday</i>	Chicken Bites served with Waffles W	Quorn Cottage Pie E	Peas Beans	Chocolate Muffin D / E / W
<i>Wednesday</i>	Roast Chicken, Mash Potato & Yorkshire Pudding W / E	Quorn Roast E	Mixed Vegetables	Vanilla Sponge D / E / W
<i>Thursday</i>	All Day Breakfast D/E/W	Veggie Bake Served with Hash Rounds D	Green Beans Carrots	Shortbread W
<i>Friday</i>	Fish Fingers served with Oven Baked Chips W / F	Jacket Potato Served with Beans/ Tuna/ or Cheese & Crispy Salad D / F	Beans Peas	Ice Cream D

## Allergen Legend



(W)  
Wheat/gluten



(E)  
Eggs



(F)  
Fish



(D)  
Dairy / milk

