

# West Horndon Primary School Winter Menu 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chunky Fish Finger</b> (FISH, GLUTEN, EGG,)	<b>Pork Sausage Hotdog</b> (SULPHITES, GLUTEN) ROLL MAY CONTAIN SESAME	<b>Roast Beef, Yorkshire Pudding &amp; Gravy</b> (GLUTEN, EGG, SOYA, MILK)	<b>Bacon &amp; Cheese Turnover</b> (GLUTEN, MILK, MUSTARD)	<b>Oven Baked Chicken Breast Chunks</b> (GLUTEN)
<b>Tomato Pasta Bake</b> (GLUTEN)	<b>Linda McCartney Sausage Hotdog</b> (SULPHITES, SOYA, GLUTEN) ROLL MAY CONTAIN SESAME	<b>Cheesy Bean Yorkshire Pudding</b> (MILK, GLUTEN, EGG)	<b>Cheese Turnover</b> (GLUTEN, MILK, MUSTARD)	<b>Veggie Nuggets</b> (GLUTEN)
<b>Smiles Potatoes</b> <b>Baked Beans</b> <b>Garden Peas</b>	<b>Sweet Potato Wedges</b> <b>Plain Pasta (GLUTEN)</b> <b>Sweetcorn</b>	<b>Roast Potatoes</b> <b>Fresh Carrots</b> <b>Broccoli &amp; Cauliflower</b>	<b>Garden Salad</b> <b>Sweetcorn</b> <b>Baked Beans</b>	<b>Crispy Chips</b> <b>Spaghetti Loops</b> <b>Baked Beans</b>
<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>
<b>Fresh Baked Baguette</b> <b>With Ham or Cheese</b> (GLUTEN, MILK)	<b>Soft Tortilla Wrap with</b> <b>Tuna or Egg Mayonnaise</b> (GLUTEN, FISH, EGG)	<b>Fresh Baked Baguette</b> <b>With Beef or Cheese</b> (GLUTEN, MILK)	<b>Soft Tortilla Wrap with</b> <b>Tuna or Egg Mayonnaise</b> (GLUTEN, FISH, EGG)	<b>Fresh Baked Baguette</b> <b>With Ham or Cheese</b> (GLUTEN, MILK)
<b>Sprinkle Tray Bake and</b> <b>Custard</b> (MILK, GLUTEN, EGG)	<b>Fruit Salad Pots</b>	<b>Chocolate Sponge Roll</b> (MILK, GLUTEN, EGG, SOYA)	<b>Fresh Fruit</b>	<b>Strawberry Milkshake</b> <b>Cupcakes</b> (MILK, GLUTEN, EGG)

Also available daily a Salad Bar – choice of at least 7 Salads,  
Fresh Fruit, Fresh Bread, Cheese & Crackers, Frubes, Soya Yoghurt, Fresh Milk and Water

## West Horndon Primary School Winter Menu 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Pasta Bake</b> ( <b>GLUTEN</b> )	<b>All Day Breakfast</b> <b>Sausage, Bacon &amp;</b> <b>Scrambled egg</b>	<b>Roast Pork,</b> <b>Stuffing Balls</b> <b>&amp; Gravy</b> ( <b>GLUTEN, MILK, SOYA</b> )	<b>Beef Lasagne</b> ( <b>GLUTEN, MILK,</b> <b>MUSTARD</b> ) MAY CONTAIN <b>EGG</b>	<b>Harry Ramsdens</b> <b>Battered Fish</b> ( <b>FISH, GLUTEN</b> )
<b>Macaroni Cheese</b> ( <b>GLUTEN, MILK,</b> <b>MUSTARD</b> )	<b>Veggie Breakfast</b> <b>2 Veggie Sausages &amp;</b> <b>Scrambled egg</b>	<b>Cheese &amp; Potato Hot Pot</b> ( <b>MILK, CELERY</b> )	<b>Baked Bean Lasagne</b> ( <b>GLUTEN, MILK, CELERY,</b> <b>MUSTARD</b> ) MAY CONTAIN <b>EGG</b>	<b>Veggie Burger</b> ( <b>GLUTEN, SULPHITES</b> )
<b>Mixed Salad</b> <b>Sweetcorn</b>	<b>Hash Browns</b> <b>Baked Beans</b> <b>Mushrooms</b> <b>Tomatoes</b>	<b>Roast Potatoes</b> <b>Savoy Cabbage</b> <b>Fresh Sliced Carrots</b>	<b>Garlic Bread</b> <b>Garden Salad</b> ( <b>GLUTEN, MILK</b> )	<b>Crispy Chips</b> <b>Spaghetti Loops</b> <b>Baked Beans</b>
<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>	<b>Jacket Potato</b> <b>with choice of 3 fillings</b> <b>available everyday</b>
<b>Fresh Baked Baguette</b> <b>With Tuna or Cheese</b> ( <b>GLUTEN, FISH, EGG</b> )	<b>Soft Tortilla Wrap with</b> <b>Ham or Egg Mayonnaise</b> ( <b>GLUTEN, EGG</b> )	<b>Fresh Baked Baguette</b> <b>With Pork or Cheese</b> ( <b>GLUTEN, MILK</b> )	<b>Soft Tortilla Wrap with</b> <b>Tuna or Egg Mayonnaise</b> ( <b>GLUTEN, FISH, EGG</b> )	<b>Fresh Baked Baguette</b> <b>With Ham or Cheese</b> ( <b>GLUTEN, MILK</b> )
<b>Frozen Yogurt Ice Cream</b> ( <b>MILK</b> )	<b>Peaches and Cream</b> ( <b>MILK</b> )	<b>Rice Pudding</b> ( <b>MILK</b> )	<b>Fresh Fruit</b>	<b>Chocolate Sponge Cake</b> <b>and Chocolate Custard</b> ( <b>MILK, GLUTEN, EGG</b> )

**Also available daily a Salad Bar – choice of at least 7 Salads,  
Fresh Fruit, Fresh Bread, Cheese & Crackers, Frubes, Soya Yoghurt, Fresh Milk and Water**