

Roasts - either chicken or gammon

2 x slices of meat

3 x roast potatoes

1 x yorkshire ( 140g of flour, 4 eggs, 200ml of milk will serve 24 )

1 x spoonful of frozen veg

GF/Vegan Gravy

Allergens

Wheat

Milk

Eggs

Chicken Burger

1 x chicken breast (oven cook)

1 x bun

100g of wedges ( oven cook)

Allergen

Wheat

Salad

Jacket Potatoes

1 x spud per child

1 x tin of beans will serve 3 children

1 x tin of tuna will serve 2 children mixed with mayo

Grated cheese ( Milk)

Flora

Salad