



Dawpool C of E School - Week One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TOMATO PASTA Tomato and Basil pasta. Served with garlic bread and sweetcorn. A taste sensation of fresh tomatoes, garlic, herbs and red lentil sauce served with pasta spirals and baked in the oven with a cheddar topping.</p> 	<p>CHILLI NACHOS Choose from either fresh mince beef or Quorn mince.</p>  <p>Cooked with freshly diced onions, mild chilli powder, red peppers, fresh tomatoes and kidney beans topped with corn tortilla chips and cheese served on a bed of rice and broccoli.</p>	 <p>BEEF BURGER 100% lean British beef sourced from a local butcher served in a bun with home baked potato wedges and freshly steamed corn on the cob.</p>	<p>MAC AND CHEESE Macaroni pasta mixed with a homemade creamy and flavoursome cheese sauce with a hint of bay leaf, topped with cheese and baked in the oven. Served with a pea and carrot medley, crusty bread and optional bacon topping.</p> 	<p>FISH FINGERS 100% Cod breaded fish fingers or veggie option served with oven baked chips, curry sauce, gravy, beans or peas.</p> 

Jacket Potatoes and Paninis are also available daily as a hot alternative.

Or

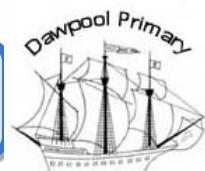
Deli Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, beetroot and peppers.

Dessert - Fresh Fruit, Yoghurts and Cheese and Crackers are available daily.

All of our cakes are baked in-house with the added secret ingredient of fruit or vegetables such as carrots, courgettes, bananas, beetroot to name a few!!

Dessert of the Day	Fruit and/or Yoghurt	Dessert of the Day	Fruit and/or Yoghurt	Ice Cream and Fruit
<i>Drinks - A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily.</i>				



Dawpool C of E School - Week Two

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HOMEMADE SAUSAGE ROLLS Choose from either traditional pork sausage meat sourced from a local butcher seasoned with herbs and light spices or cheese and onion. Served with freshly baked potato wedges and broccoli. 	CREAMY CHICKEN CURRY Choose from a homemade creamy chicken curry or a sweet potato & lentil curry served with basmati rice, sliced carrots and naan bread.  An infusion of mild Indian spices, freshly diced onions, garlic cloves, vegetables and coconut milk to create a rich curry sauce.	HOMEMADE PIZZA Choose from cheese & tomato or pepperoni. Served with potato cubes and chopped green salad.  Home baked wholemeal pizza base topped with a rich homemade tomato, onion, vegetable and red lentil sauce, either simply topped with grated cheese or with the added addition of pepperoni slices.	SPAGHETTI BOLONESE Choose from fresh minced beef or Veggie mince cooked with onions, garlic, tomatoes and herbs, served on a bed of pasta with peas and a garlic crumb.  Using lean locally sauced 100% British beef cooked with freshly chopped tomatoes, onions, garlic and mushrooms, infused with bay leaves and reduced to a rich tomato sauce	FISH FINGERS 100% Cod breaded fish fingers or veggie option served with oven baked chips, curry sauce, gravy, beans or peas. 

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