













# Dawpool C of E School - Week One

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                |
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| <p><b>TOMATO PASTA</b><br/> <b>Tomato and Basil pasta. Served with garlic bread and sweetcorn.</b><br/>           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><b>CHILLI NACHOS</b><br/> <b>Choose from either fresh mince beef or Quorn mince.</b></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><b>BEEF BURGER</b></p> <p>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><b>MAC AND CHEESE</b><br/>           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.<br/>           Served with a pea and carrot medley, crusty bread and optional bacon topping.</p>  | <p><b>FISH FINGERS</b></p> <p>100% Cod breaded fish fingers or veggie option served with oven baked chips, curry sauce, gravy, beans or peas.</p>  |
| <p><i>Jacket Potatoes and Paninis are also available daily as a hot alternative.</i></p>                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                       |
| <p><i>Or</i></p>                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                       |
| <p><i>Deli Bar - Available Everyday</i></p> <p><i>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.</i></p> |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                       |
| <p><i>Dessert - Fresh Fruit, Yogurts and Cheese and Crackers are available daily.</i></p> <p><b><u>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!!</u></b></p>                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                       |
| <i>Dessert of the Day</i>                                                                                                                                                                                                                                                                                                                                                                           | <i>Fruit and/or Yogurt</i>                                                                                                                                                                                                                                                                                                                                               | <i>Dessert of the Day</i>                                                                                                                                                                                                                                   | <i>Fruit and/or Yogurt</i>                                                                                                                                                                                                                                                                                                                                                | <i>Ice Cream and Fruit</i>                                                                                                                                                                                                            |
| <p><i>Drinks - A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily.</i></p>                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                       |



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| <p><b>HOMEMADE SAUSAGE ROLLS</b></p> <p>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 and broccoli.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>CREAMY CHICKEN CURRY</b></p> <p>Choose from a homemade creamy chicken curry or a sweet potato &amp; lentil curry served with basmati rice, sliced carrots and naan bread.</p>  <p>An infusion of mild Indian spices, freshly diced onions, garlic cloves, vegetables and coconut milk to create a rich curry sauce.</p> | <p><b>HOMEMADE PIZZA</b></p> <p>Choose from cheese &amp; tomato or pepperoni. Served with potato cubes and chopped green salad.</p>  <p>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.</p> | <p><b>SPAGHETTI BOLOGNAISE</b></p> <p>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.</p>  <p>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</p> | <p><b>FISH FINGERS</b></p> <p>100% Cod breaded fish fingers or veggie option served with oven baked chips, curry sauce, gravy, beans or peas.</p>  |
| <p><i>Jacket Potatoes and Paninis are also available daily as a hot alternative.</i></p> <p><i>Or</i></p> <p><i>Deli Bar - Available Everyday</i></p> <p><i>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.</i></p> <p><i>Dessert - Fresh Fruit, Yogurts and Cheese and Crackers are available daily.</i></p> <p><b><u>All</u> 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!!</b></p> |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                       |
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