MOUNTNESSING PRIMARY SCHOOL WEEK 2 14.09.15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option A	CHICKEN KORMA AND WHOLE WHEAT RICE WITH NANN BREAD *(GF)	HOMEMADE PORK MEATBALLS IN A TOMATO SAUCE, AND WHOLE WHEAT PASTA	LOCAL ROAST CHICKEN SERVED WITH YORKSHIRE PUDDING IN A RICH GRAVY, CRISPY ROAST POTATOES, FRESH SEASONAL VEGETABLES (GF)	BUTCHERS SAUSAGES, MASHED POTATO AND BAKED BEANS (GF)	OVEN BAKED CODDIES CURLY FRIES AND BAKED BEANS OR GARDEN PEAS
Option B	OVEN BAKED JACKET POTATO WITH TUNA Or FRESH BAKED BAGUETTE FILLED WITH TUNA, HAM OR CHEESE	OVEN BAKED JACKET POTATO WITH CHEESE OR TUNA Or FRESH BAKED BAGUETTE FILLED WITH TUNA, HAM OR CHEESE	OVEN BAKED JACKET POTATO WITH TUNA Or FRESH BAKED BAGUETTE FILLED WITH TUNA, OR HAM	OVEN BAKED JACKET POTATO WITH CHEESE OR TUNA Or FRESH BAKED BAGUETTE FILLED WITH TUNA, HAM OR CHEESE	OVEN BAKED JACKET POTATO WITH TUNA Or FRESH BAKED BAGUETTE FILLED WITH TUNA, HAM OR CHEESE
	FRESH FRUIT OR YOGURT	CHOCOLATE SPONGE	FRUIT JELLY	CHERRY FRUIT SPONGE WITH CUSTARD	ICE CREAM

*** Gluten Free**

Choice from a Selection of Salad Bowls

Sweetcorn, Cucumber, Tomatoes, Lettuce, Carrots, Raisins

Fresh Bread available everyday

I wish …….. to have meals on the following days w/c 14.09.15

Monday		*Tuesday*		*Wednesday*		*Thursday*		*Friday*	
A	*B*	*A*	*B*	*A*	*B*	*A*	*B*	*A*	*B*

Please circle the days that a meal is required and your option a or b

I enclose £ for days' meals. (£2.00 per day)

CHEQUES PAYABLE TO ESSEX COUNTY COUNCIL

Please write your address on the reverse of the cheque

Dinners £2.00 per day

Form and payment to school on Monday morning please in a MARKED ENVELOPE.