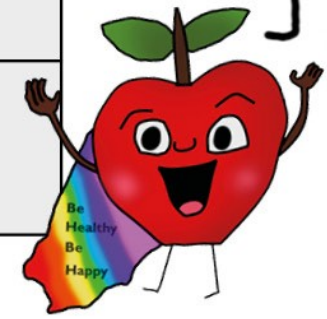
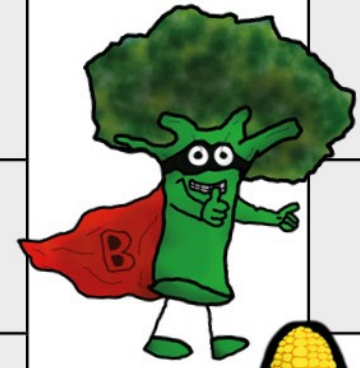
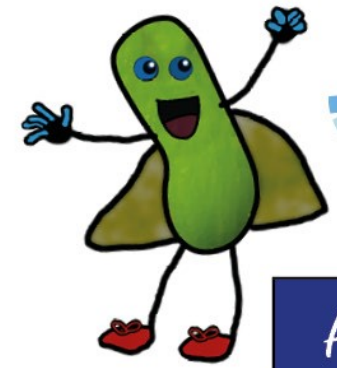


Week One

First Schools' Menu

	Option #1	Option #2	Veggies	Pudding
Monday	Cheese & Tomato Pizza with potato waffles D/W	Fishcakes & potato waffles F/W	Baked beans Peas	Sponge cake E/D
Tuesday	Chicken steak & hash brown W	Quorn lasagne & garlic bread W/E	Mixed vegetables	Muffin D/E/W
Wednesday	Roast dinner, mash & Yorkshire pudding D/W/E	Quorn roast D/E/W	Cabbage Carrots	Chocolate Rice Krispie Slice
Thursday	Beef Bolognese Pasta Bake W	Jacket potato with cheese and beans C		Jelly
Friday	Fish Fingers & chips W/F	Jacket potato with tuna/cheese/beans F or D	Baked beans Sweetcorn	Ice cream D



Available Daily
Mixed Salad
Yoghurts
Fresh Fruit
Milk
Water

Food Superheroes

- 'Runner Hero' by Luke Henson, St John's First School
- 'Captain Corn' by Jackson Whitby, Marshbrook First School
- 'Brave Broccoli' by Emily Haughtey, Princefield First School
- 'Miss Athletico Apple Core' by Lana Reid, St Mary & St Chad First School

Allergen Legend

(W) Wheat/gluten
 (E) Eggs
 (F) Fish
 (D) Dairy / milk

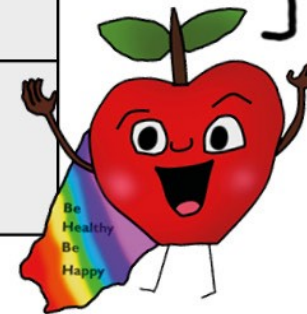
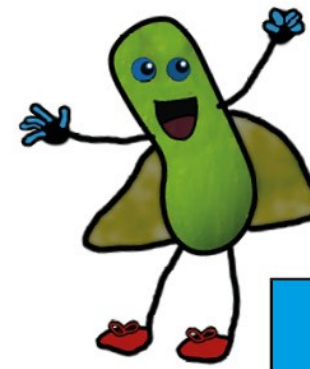
W/C: 8.01.24, 29.01.23, 19.02.24, 11.03.24



Week
Two

First Schools' Menu

 **PENK VALLEY
ACADEMY TRUST**



Available Daily

Mixed Salad
Yoghurts
Fresh Fruit
Milk
Water

Food Superheroes

'Runner Hero' by Luke Henson,
St John's First School
'Captain Corn' by Jackson Whitby,
Marshbrook First School
'Brave Broccoli' by Emily Haughtey,
Princefield First School
'Miss Athletico Apple Core' by Lana Reid,
St Mary & St Chad First School

	Option #1	Option #2	Veggies	Pudding
Monday	Sausage roll & hash brown W/D/E	Cheese & bean bake with hash brown D/W	Beans Peas/sweetcorn	Flapjack
Tuesday	Pork meatballs & rice W	Jacket potato & cheese D		Strawberry mousse D
Wednesday	Roast dinner D/W/E	Quorn sausage & mash D/E/W	Cabbage Carrots	Cookie W/D
Thursday	Chicken nuggets & waffles W	Vegetable pie & roast potatoes E/W	Spaghetti hoops Peas W	Jelly
Friday	Fish fingers & chips W/F	Jacket potato with tuna/ cheese/beans D or F	Beans Sweetcorn	Ice cream D

Allergen Legend

 (W) Wheat/gluten
 (E) Eggs
 (F) Fish
 (D) Dairy / milk

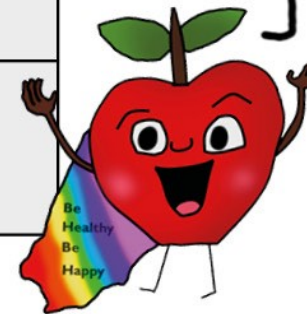
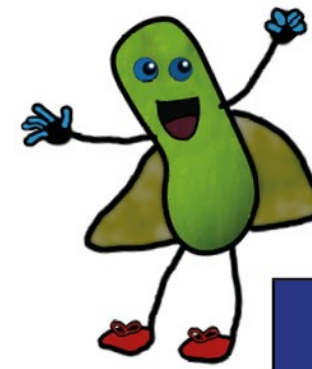
W/C: 15.01.24, 05.02.24, 26.02.24, 18.03.24



Week
Three

First Schools' Menu

 **PENK VALLEY
ACADEMY TRUST**



Available Daily

Mixed Salad
Yoghurts
Fresh Fruit
Milk
Water

Food Superheroes

'Runner Hero' by Luke Henson,
St John's First School
'Captain Corn' by Jackson Whitby,
Marshbrook First School
'Brave Broccoli' by Emily Haughtey,
Princefield First School
'Miss Athletico Apple Core' by Lana Reid,
St Mary & St Chad First School

	Option #1	Option #2	Veggies	Pudding
Monday	Cheese & tomato pizza D/W	Veggie fingers W	Sweetcorn Spaghetti hoops W	Iced sponge W/D/E
Tuesday	Mild chicken curry with rice & naan bread W/D	Omelette & potato croquettes E	Carrots Beans	Jelly
Wednesday	Roast dinner D/W/E	Quorn roast D/W/E	Mixed vegetables	Rocky Road
Thursday	Tomato pasta & garlic bread W/D	Quorn chilli & rice E	Green beans	Muffin D/E/W
Friday	Fish fingers & chips W/F	Jacket potato with tuna/ cheese/beans D or F	Sweetcorn/peas Beans	Ice cream D

Allergen Legend

 (W) Wheat/gluten
 (E) Eggs
 (F) Fish
 (D) Dairy / milk

W/C: 22.01.24, 12.02.24, 04.03.24

