

Saughall All Saints Primary School

Week 3 - week beginning 10/3, 31/3, 05/5, 02/6, 23/6, 14/7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>GF Turkey Meatballs and Pasta with a Homemade Tomato and Basil Sauce or Vegan Meatless Meatballs</p> <p>Served with Peas or Sweetcorn</p> | <p>Big Brunch: Pork or Vegan Sausage, Hash Browns, Scrambled Egg, Mushrooms, Baked Beans and Tomatoes</p> | <p>Roast Gammon or (Vegan) Quorn Fillet with Pineapple Served with Roast and Mashed Potatoes, Broccoli, Carrots and Gluten Free Gravy</p> | <p>Homemade Chilli Non Carne</p> <p>Served with 50/50 Rice and Seasonal Vegetables</p> | <p>The Cod or Vegan Dog (GF Available)</p> <p>Served With Chips, Peas or Baked Beans</p> |
| <p>Harry Ramsdens Salmon and Sweet Potato Fishcake</p> <p>Served with Mashed Potatoes, Baked Beans or Peas</p> | <p>Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo</p> <p>Served with Salad or Vegetables</p> | <p>Roasted Vegetable and Tomato Pasta Pot</p> <p>Served with Salad.</p> | <p>Jacket Potato with Baked Beans, Grated Cheese or Tuna Mayo</p> <p>Served with Salad or Vegetables</p> | <p>Vegan Sausage Roll</p> <p>Served with Chips, Peas or Baked Beans</p> |
| <p>Deli Option with a choice of breads filled with Sliced Ham, Cheese or Tuna Mayo</p> <p>Served with Salad</p> | <p>Deli Option with a choice of breads filled with Sliced Ham, Cheese or Tuna Mayo</p> <p>Served with Salad</p> | <p>Deli Option with a choice of breads filled with Sliced Ham, Cheese or Tuna Mayo</p> <p>Served with Salad</p> | <p>Deli Option with a choice of breads filled with Sliced Ham, Cheese or Tuna Mayo</p> <p>Served with Salad</p> | <p>Deli Option with a choice of breads filled with Sliced Ham, Cheese or Tuna Mayo</p> <p>Served with Salad</p> |
| <p>Ice Cream Roll with Fresh Fruit</p> <p>Yoghurt (DF available)</p> <p>Fresh Fruit</p> | <p>Yoghurt and Fruit Compote (DF available)</p> <p>Cheese and Crackers</p> <p>Fresh Fruit</p> | <p>Jelly with Fruit</p> <p>Yoghurt (DF available)</p> <p>Fresh Fruit</p> | <p>Yoghurt and Fruit Compote (DF available)</p> <p>Cheese and Crackers</p> <p>Fresh Fruit</p> | <p>Chocolate Cookie with a Fruit Wedge</p> <p>Yoghurt (DF available)</p> <p>Fresh Fruit</p> |

Besides our wonderful menu the following are available daily: unlimited salad, fresh bread, milk and chilled water.

Allergens - Our meals may contain the following allergens: fish, cereals containing gluten, lupin, eggs, milk, celery, crustaceans, mollusc, nuts, peanuts, sesame seeds, soya, sulphur dioxide and mustard - full list available on our website.

Please speak to the catering staff if you have any concerns or have any specific dietary requirements.