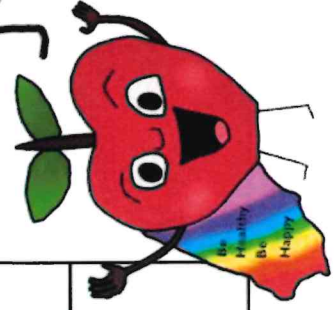
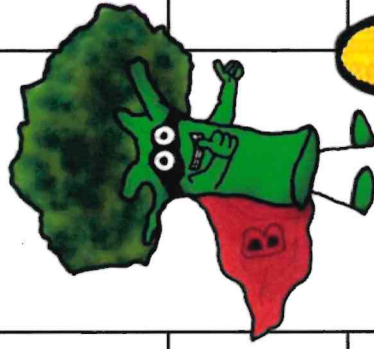
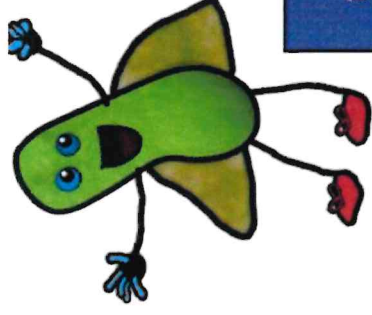


Week One

First Schools Menu

PENK VALLEY
ACADEMY TRUST



	Option #1	Option #2	Veggies	Pudding
Monday	Cheese & Tomato pizza W/D	Quorn Curry & Rice E/D	Spaghetti hoops/peas W	Fuity flap jack
Tuesday	Pork meatballs & Rice W	Jacket Potato Cheese & Beans D	Carrots	Watermelon Yogurts
Wednesday	Roast Chicken Dinner D/W/E	Quorn Roast D/E/W	Mix Veg Broccoli	Ice Cream D
Thursday	Chicken Steak & Potato waffle W	Quorn Lasagne E/D/W	Pea's/Beans/sweetcorn	Selection of yogurts and fruit
Friday	Fish & Chips F/W	Jacket potato with Tuna/cheese /beans F Or D	Sweetcorn/Beans	Banana Sponge W

Available Daily

Mixed Salad
Yogurt
Fresh Fruit

Milk
Water

Food Superheroes

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

W/C 13/04 - 04/05 - 1/06 - 22/06 - 13/07

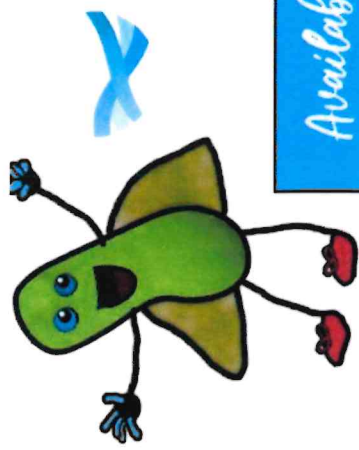
Allergen Legend

- (W)
- (E)
- (F)
- (D)



Week Two

First Schools' Menu



PENK VALLEY
ACADEMY TRUST

	Option #1	Option #2	Veggies	Pudding
Monday	Cheese and Tomato pizza W/D/E	Cheese & bean bake W/D	Spaghetti hoops/ Sweetcorn W	Ice cream pot D
Tuesday	Chicken Fajita W	Jacket Potato & cheese D	Peas/Beans	Flapjack W
Wednesday	Chicken roast Dinner D/W/E	Quorn Roast D/W/E	Mixed Veg Green Beans	Sponge and Custard W/D/E
Thursday	All day breakfast W	Quorn breakfast E/W	Beans	Selection of fruits and yogurts D
Friday	Fish and Chips W/F	Jacket potato with Tuna/cheese /beans F Or D	Beans/ Sweetcorn/ Peas	Fresh fruit salad and yogurts

Available Daily
Mixed Salad Yogurt 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 Athleteico Apple Core' by Lana Reid. St Mary & St Chad First School

Allergen Legend

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

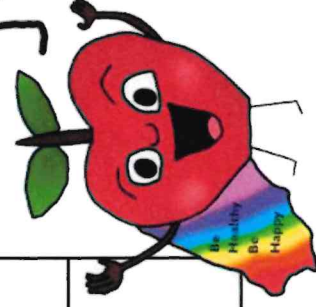
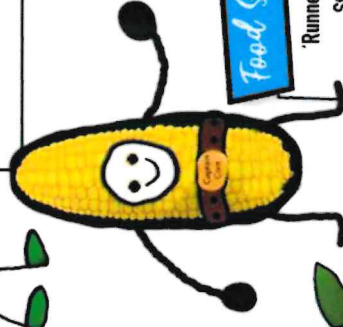
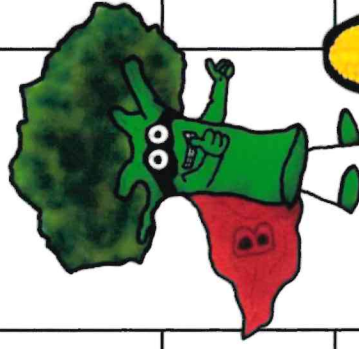
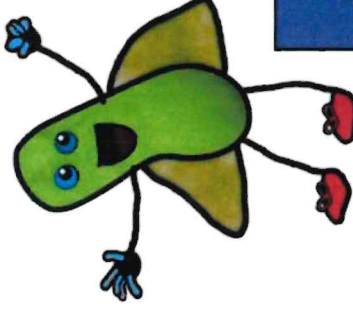
w/c: 20/04 – 11/05 – 08/06 – 29/06



Week Three

First Schools' Menu

PENK VALLEY
ACADEMY TRUST



	Option #1	Option #2	Veggies	Pudding	Available Daily
Monday	Cheese & tomato pizza D/W	Cheese and Potato pie D	Peas/ Beans	Ice cream Pot D	Mixed Salad Yogurt Fresh Fruit
Tuesday	Chicken nuggets & waffles W	Jacket Potato with cheese and beans D	Beans/Peas/ Sweetcorn	Watermelon /Yogurts	Milk Water
Wednesday	Roast Chicken Dinner D/W/E	Quorn Roast D/W/E	Mixed Veg	Apple Sponge cake W/D/E	
Thursday	Tomato pasta & Garlic bread W	Salmon fingers W/F	Carrots	Fruity flapjack W	
Friday	Fish fingers & Chips W/F	Jacket potato with Tuna/Cheese/Beans D or F	Sweetcorn	Selection of fruit and yogurt	

Food Superheroes

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

W/C:



W/C: 27/04 – 18/05- 15/06 – 06/07

Allergen Legend

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

