

Forest Park School wc 02.09.24; 23.09.24; 14.10.24; 11.11.24; 25.11.24; 16.12.24; 20.01.25; 10.02.24

WEEK 1	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	<ul style="list-style-type: none"> ♥ V Simple Tomato Pasta (CG) V Quiche (CG, E, M) 	<ul style="list-style-type: none"> Chinese Style Chicken Curry & Rice (CG, M) ♥ Jacket Potato with Dill Toppings (some V) 	<ul style="list-style-type: none"> Meat Feast Pizza (CG, M) V Pinwheel Pizza (CG, M) Beef Burger in a Bun (CG) 	<ul style="list-style-type: none"> Roast Pork & Yorkshire pudding (CG, E, M) Oven Baked Sausages (CG, SD, S) 	<ul style="list-style-type: none"> Fish in Crispy Batter (CG, F) Salmon/Cod Fish Fingers (CG, F) ♥ Jacket Potato with Dill Toppings (some V)
POTATOES & VEGETABLES	<ul style="list-style-type: none"> Potatoes Wedges Mixed Salad Broccoli 	<ul style="list-style-type: none"> Garden Peas Sweetcorn 	<ul style="list-style-type: none"> Herby Diced Potatoes Baked Beans Creamy Coleslaw (E, may M) 	<ul style="list-style-type: none"> Roast Potatoes Fresh Carrots Fresh Cabbage 	<ul style="list-style-type: none"> Chipped Potatoes Mushy Peas Baked Beans
<p>“Dell Bar” – choose your bread, choose your filling - tailor made for you “Dell Bar” Boxed Salads – crisp and fresh – fill a box</p>					
DESSERT	<ul style="list-style-type: none"> ♥ V Apple Flapjack (may CG) V Yoghurt (M) 	<ul style="list-style-type: none"> V Ice Cream Tub (M) V Fresh Cut Fruit 	<ul style="list-style-type: none"> V Chocolate Beetroot Cake (CG, E) V Yoghurt (M) 	<ul style="list-style-type: none"> V Syrup Sponge (CG, E) & Custard (M) V Fresh Cut Fruit 	<ul style="list-style-type: none"> V Peachy Muffin (CG, E) V Yoghurt (M)
<p>ALL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</p>					

FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements
 Celery C, Cereals containing Gluten CG Crustaceans C, Eggs E, Fish F, Lupin L Milk M, Molluscs M, Mustard M, Nuts N Peanuts P, Sesame Seeds SS,
 Soy S, Sulphur Dioxide SD
 ♥ Healthier Option, † Vegan, V Vegetarian, † Contains Wholewheat/Wholegrain



Forest Park School wc 09.09.24; 30.09.24; 21.10.24; 18.11.24; 02.12.24; 06.01.25; 27.01.25; 17.02.25

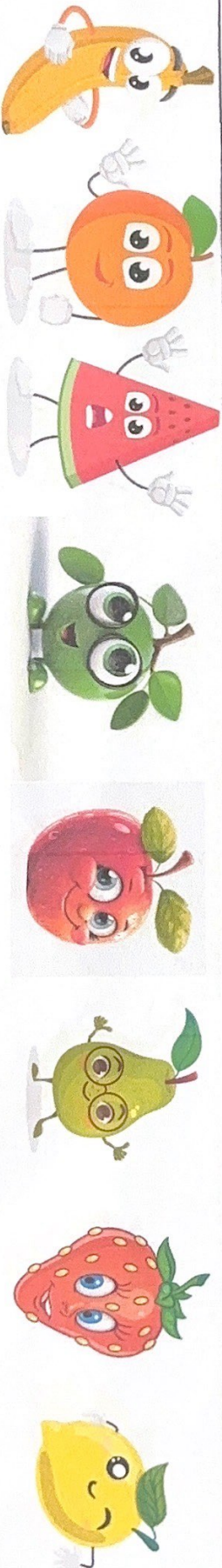
WEEK 2	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	V Cheese Pastry Slice (CG, may E, M) ♥ Jacket Potato with Deli Toppings (some V)	♥ Spaghetti Bolognese (CG) Oven Baked Sausages (CG, SD, S) Gravy V Veggie Sausages (CG) V Veggie Gravy	Ham & Cheese Pizza (CG, M) V Pinwheel Pizza (CG, M) ♥ Chicken Tikka Pitta (CG, M)	♥ Baked Gammon Yorkshire Pudding (CG, E, M) & Gravy with Mash Potato ♥ Jacket Potato with Deli Toppings (some V)	Fish in Crispy Batter (CG, F) ♥ V Simple Tomato Pasta (CG)
POTATOES & VEGETABLES	Herby Diced Potatoes Baked Beans Fresh Carrots	Potato Wedges Broccoli Sliced Salad	Roast Potatoes Creamy Coleslaw (E, may M) Rainbow Salad	Mashed Fresh Turnip Fresh Carrots	Chipped Potatoes Baked Beans Garden Peas
"Deli Bar" – choose your bread, choose your filling - tailor made for you "Deli Bar" Boxed Salads – crisp and fresh – fill a box					
DESSERT	V Frosted Carrot Cake (CG, E) V Fresh Cut Fruit	♥ V Apple Crumble (CG) & Custard (M) V Yoghurt (M)	♥ V Jam Tart (CG) V Fresh Cut Fruit	V Iced Chocolate Brownie (CG, E, may M) V Yoghurt (M)	♥ V Oaty Sultana Cookie (CG) V Fresh Cut Fruit
ALL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs					

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♥ Healthier Option, ♣ Vegan, V Vegetarian, ♣ Contains Wholewheat/Wholegrain



Forest Park School wc 16.09.24;07.10.24;04.11.24;25.11.24; 09.12.24;13.01.25; 03.02.25

WEEK 3	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	<ul style="list-style-type: none"> ‡ V Veggie Sausages (CG) V Veggie Burger (CG) in a ‡ Brown Bun (CG) Homemade Ketchup 	<ul style="list-style-type: none"> ‡ Homemade Chicken & Vegetable Pie (CG, M) ♥ V Chinese Style Veggie Curry & Rice (CG, M) 	<ul style="list-style-type: none"> Pepperoni Pizza Slice (CG, M) V Pizza Slice (CG, M) ♥ ‡ V Spaghetti in Tomato Sauce (CG) 	<ul style="list-style-type: none"> Savoury Mince (CG) & Dumpling (CG, M) Mashed Potato ♥ Jacket Potato with Deli Toppings (some V) 	<ul style="list-style-type: none"> Fish in Crispy Batter (CG, F) Chicken Nuggets (CG) ♥ ‡ V Rustic Tomato Pasta (CG)
POTATOES & VEGETABLES	<ul style="list-style-type: none"> Herby Diced Potatoes Mixed Salad Green Beans 	<ul style="list-style-type: none"> Roast Potatoes Sweetcorn Fresh Carrots 	<ul style="list-style-type: none"> Potato Wedges Baked Beans Creamy Coleslaw (E, may M) 	<ul style="list-style-type: none"> Fresh Carrots Broccoli 	<ul style="list-style-type: none"> Chipped Potatoes Garden Peas Baked Beans
<p>“Deli Bar” – choose your bread, choose your filling - tailor made for you “Deli Bar” Boxed Salads – crisp and fresh – fill a box</p>					
DESSERT	<ul style="list-style-type: none"> Fruit Jelly Mousse Slice (M) V Fresh Cut Fruit 	<ul style="list-style-type: none"> V Chocolate Crispy (may CG, M) V Yoghurt (M) 	<ul style="list-style-type: none"> V Sticky Toffee Pudding (CG, E, M) & Custard (M) V Fresh Cut Fruit 	<ul style="list-style-type: none"> ‡ V Parsnip & Coconut Flapjack (may CG) V Yoghurt (M) 	<ul style="list-style-type: none"> V Funfetti Biscuit (CG) V Fresh Cut Fruit
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