








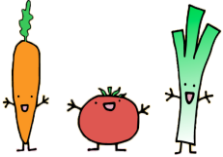









Garboldisham Primary Schools Menu W/C Monday 7 January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Fill your own wrap Ham Cheese/Tuna 	Cottage Pie 	Roast Gammon, & Roast Potatoes 	Herb & Tom Pasta 	Fish Fingers 
Vegetarian Options	Fill your own wrap Cheese 	Veg Sausages 	Lentil Roast 	Cheesy Pasta 	Veggie Fingers 
Served with	Selection of Fresh Seasonal Salads	Cabbage & Sweetcorn	Fresh Seasonal Vegetables and Gravy	Selection of Fresh Seasonal Salads	Chips, Peas and Tomato Ketchup
Pudding	Jam Sponge & Custard 	Pears & Ice Cream 	Vanilla shortbread 	Lemon Cheesecake 	Take your pick 

We also offer: **Baked Potato** with a choice of fillings - **cheese, beans, tuna, ham, sweetcorn**
Toppings on toast - **beans, tomatoes, scrambled egg**
Sandwiches - **ham, cheese, tuna, marmite**
Bread and Fruit are available with all meals.

We will do our best to stick to the menu, but please be patient if we need to make changes.

Order forms for **LUNCHES** and **SNACKS** are available here or from school.

Children in Reception, years 1 & 2 receive a free school meal.

It would help the kitchen greatly if you return a form but if not we will assume that your choice is for the main meal option.

Please return forms by Friday 4 January. Thank you.