

























Sharavogue Junior & Afterschool Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Mid Morning Break</i>	<i>Assorted Fruit Platter</i>				
					
<i>Lunch</i>	<i>Sausages, Creamy Mash & Beans</i> (7)	<i>Chicken Korma with Boiled Rice</i> (7)	<i>Homemade Chicken, Fillet Goujons with Roast Potatoes & Vegetables</i> (8)	<i>Spaghetti Bolognaise with Wholegrain Pasta & Garlic Bread</i> (7) (8)	<i>Fish Fingers & Chips</i> (8)
					
<i>Afternoon Tea</i>	<i>Wholemeal Wraps with a selection of meat fillings or Tuna Mayonaisse</i> (7) (8)	<i>Wholemeal Salad Rolls</i> (7) (8)	<i>Pasta Siciliana with Homemade Pasta Sauce</i> (8)	<i>Crackers with an Assortment of Cheeses</i> (7) (8)	<i>Homemade Pizzas with a selection of toppings</i> (8)

Sharavogue Junior & Afterschool Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Break	<i>Assorted Fruit Platter</i>				
					
Lunch	<i>Roast Chicken, Creamy Mash & Winter Vegetables</i> (7)	<i>Chilli con Carne Boiled Rice</i> (8)	<i>Baked Ham with White Sauce, Creamy Mash & Selection of Vegetables</i> (7)	<i>Homemade Lasagne with Garlic Bread</i> (7) (8)	<i>Fish Fingers & Chips</i> (8)
					
Afternoon Tea	<i>Wholemeal Wraps with a selection of meat fillings or Tuna Mayonaisse</i> (7) (8)	<i>Assorted Spanish meat Platter with Wholemeal Roll</i> (8)	<i>Pasta Homemade Pasta Sauce</i> (8)	<i>Organic Rice Cakes with an Assortment of Cheeses</i> (7) (8)	<i>Wholemeal Pitta Pockets with a variety of savoury fillings</i> (7) (8)

Sharavogue Junior & Afterschool Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Mid Morning Break	<i>Assorted Fruit Platter</i>				
					

Lunch	<i>Savoury Shepherds Pie with a selection Vegetables</i> (7)	<i>Thai Chicken Curry with Boiled Rice</i> (7) (8)	<i>Chicken Chow Mein with Noodles</i> (8)	<i>Mac Attack Bake Bolognese Mince, Macaroni & Cheese</i> (7) (8)	<i>Chicken Burger & Fries</i> (8)
-------	---	---	--	--	--



Afternoon Tea	<i>Wholemeal Toast with Baked Beans</i> (7) (8)	<i>Assorted Greek Platter with Hummus, Olives, Cheeses, Salad & Wholemeal Roll</i> (7) (8)	<i>Toasted Wholemeal Ham & Cheese Sandwiches</i> (7) (8)	<i>Wholemeal Bread Rolls with an assortment of savoury fillings</i> (7) (8)	<i>Homemade Pizza with a variety of savoury toppings</i> (7) (8)
---------------	--	---	---	--	---

FOOD ALLERGENS



SHARAVOGUE FOOD ALLERGY SYMBOLS (BY NUMBER)

1	PEANUTS	8	SOYA
2	NUTS	9	SESAME SEEDS
3	CRUSTACEANS	11	CELERY
4	MOLLUSCS	12	MUSTARD
5	FISH	13	LUPIN
6	EGGS	14	SULPHUR DIOXIDE
7	MILK	15	CEREALS CONTAINING GLUTEN