

Tywardreath School Menu – Autumn Term 2024

Week One 05/09, 23/09, 14/10, 11/11, 02/12	Week Two 09/09, 30/09, 21/10, 18/11, 09/12	Week Three 16/09, 07/10, 04/11, 25/11, 16/12
<p style="text-align: center;">MONDAY Jacket Potato Day Cheese Bacon Tuna Mayo Dessert – Fruit Jelly Packed Lunch – Egg Mayo Sandwich</p>	<p style="text-align: center;">MONDAY Jacket Potato Day Ham Baked Beans Tuna & Sweetcorn Dessert – Ice Cream Pots Packed Lunch – Cheese Sandwich</p>	<p style="text-align: center;">MONDAY Main – Meatballs in Tomato Sauce, Rice Veg – Meat Free Meatballs, Rice Jacket Potato – Tuna Dessert – Ice Cream Pots Packed Lunch – Ham Sandwich</p>
<p style="text-align: center;">TUESDAY Main – Sausage, Mash & Beans Veg – Quorn Sausage, Mash & Beans Jacket Potato – Ham Dessert – Sponge Pudding & Custard Packed Lunch – Cheese Sandwich</p>	<p style="text-align: center;">TUESDAY Main – Bacon, Sweetcorn Pasta Bake Veg – Cheesy Bake Jacket Potato – Tuna Dessert – Fruit Crumble & Custard Packed Lunch – Egg Mayo Sandwich</p>	<p style="text-align: center;">TUESDAY Jacket Potato Day Chilli Tuna & Sweetcorn Beans Dessert – Pick-up Muffins Packed Lunch – Egg Mayo Sandwich</p>
<p style="text-align: center;">WEDNESDAY Main – Ham Mac 'n' Cheese Veg – Ravioli Jacket Potato – Beans Dessert – Ice Cream Pots Packed Lunch – Tuna Mayo Sandwich</p>	<p style="text-align: center;">WEDNESDAY Main – Cottage Pie & Veg Veg – Quorn Cottage Pie & Veg Jacket Potato – Cheese Dessert – Fruit Jelly Packed Lunch – Ham Sandwich</p>	<p style="text-align: center;">WEDNESDAY Main – Sausage Roll Slice, Mash & Beans Veg – Quorn Sausage, Mash & Beans Jacket Potato – Bacon Dessert – Banoffee Pie Packed Lunch – Cheese Sandwich</p>
<p style="text-align: center;">THURSDAY Main – Pasta Bolognaise Veg – Quorn Bolognaise Jacket Potato – Tuna & Sweetcorn Dessert – Cookies Packed Lunch – Ham Sandwich</p>	<p style="text-align: center;">THURSDAY Main – Chicken Pie, New Potatoes & Veg Veg – Leek and Potato Pie, New Potatoes & Veg Jacket Potato – Chilli Dessert – Cookies Packed Lunch – Cheese Sandwich</p>	<p style="text-align: center;">THURSDAY Main – Roast Chicken, Roast Potatoes & Veg Veg – Ratatouille Jacket Potato – Cheese Dessert – Fruit Jelly Packed Lunch – Tuna Mayo Sandwich</p>
<p style="text-align: center;">FRIDAY Main – Fish Fingers & Chips Veg – Veggie Nuggets & Chips Jacket Potato – Chilli Dessert – Pick-up Muffins Packed Lunch – Cheese Sandwich</p>	<p style="text-align: center;">FRIDAY Main – Sausage, Chips & Beans Veg – Margueritta Pizza Slice, Chips & Beans Jacket Potato – Bacon Dessert – Fudge Brownie Slice Packed Lunch – Egg Mayo Sandwich</p>	<p style="text-align: center;">FRIDAY Main – Fish Fingers & Chips Veg – Veggie Burger & Chips Jacket Potato – Beans Dessert – Cookies Packed Lunch – Ham Sandwich</p>

Packed Lunch consists of Sandwich (with low fat spread), 1 piece of fruit, 1 cake item, 1 veg sticks, ie, carrot or cucumber, 1 fruit yogurt.

Salad Bar available daily

Free From / Vegan Menu – Autumn Term 2024

Free From / Vegan Menu: These menus should only be ordered from if you have an allergy or dietary requirement and the office have been informed.

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MONDAY	MONDAY	MONDAY
Free From – Jacket Potato & Bacon Vegan – Jacket Potato & Vegan Cheese	Free From – Jacket Potato with Beans Vegan – Jacket Potato with Beans	Free From – Meatballs & Rice Vegan – Vegan Meatballs & Rice
TUESDAY	TUESDAY	TUESDAY
Free From – Dairy Free Sausage, Mash & Beans Vegan – Quorn Sausage, Mash & Beans	Free From – Cheesy Pasta Bake Vegan – Vegan Cheesy Pasta Bake	Free From – Jacket Potato & Beans Vegan – Vegan Cheese Jacket Potato
WEDNESDAY	WEDNESDAY	WEDNESDAY
Free From – Cheesy Ham Pasta Bake Vegan – Vegan Cheesy Pasta Bake	Free From – Cottage Pie Vegan – Quorn Cottage Pie	Free From – Sausage, Mash & Beans Vegan – Quorn Sausage, Mash & Beans
THURSDAY	THURSDAY	THURSDAY
Free From – Pasta Bolognaise Vegan – Quorn Bolognaise	Free From – Chicken Casserole Vegan – Leek & Potato Pie	Free From – Roast Chicken, Roast Potatoes & Veg Vegan – Ratatouille
FRIDAY	FRIDAY	FRIDAY
Free From – Fish Fingers & Chips Vegan – Vegetable Nuggets & Chips	Free From – Sausage, Chips & Beans Vegan – Quorn Sausage, Chips & Beans	Free From – Fish Fingers & Chips Vegan - Vegetable Burger & Chips

Daily Desserts:

Free From – Jelly / Fruit Salad / Fresh Fruit **Vegan** – Fresh Fruit / Fruit Salad

Please order your child’s school meals on Parent Pay each week. Orders need to be submitted by Thursday evening at midnight for the full week ahead. Reception and KS1 are entitled to free school meals. Orders can be pre-ordered for the term ahead by changing the week commencing date on Parent Pay.