## Corbridge Middle School Menu Week 1 Tuesday Wednesday Thursday Monday Friday **Fish Cakes** Tomato & Basil Mince & Sweet Chilli Chicken & Roast of the Day & $\bigvee$ Pasta & Garlic Bread Yorkshire Pudding Dumplinas Rice (Carbs 30g) (Carbs 28q) (Carbs 100g) (Carbs 85g) (Carbs 68a) Main Macaroni Cheese & 🔽 Vegetarian Mince & 🔽 Cheese & Potato Pie 🔽 Vegetarian Sausage 🔽 Pizza $\vee$ Garlic Bread Dumplings & Yorkshire Pudding (Carbs 36a) (Carbs 51g) Course (Carbs 30a) (Carbs - 28a) (Carbs 25a) Choice ()()Sandwiches 🚯 🚩, Paninis 🚯 🚩, Jacket Potatoes 🔿 🚩, Salad Bowls 🔿, Fresh Fruit 🔿, Juice 🔿, Milk 🏠, Cheese & Biscuits (), Angel Delight () & Jelly () are available daily (all V). Fillings: Tuna 😔 , Ham ), Cheese NY, Salad V, Baked Beans V & Mayonnaise V. Seasonal Veg, Seasonal Veg, Seasonal Veg, Seasonal Veg, Chips (Carbs 74q), Vegetables Beans (Carbs 11g) Potatoes (Carbs 34g) Brown Rice (Carbs 60g) Potatoes (Carbs 34g) Baked Beans (Carbs 11g), Peas (Carbs 9g) (all V) Orange Cake & Apple Pie & Brownie & Juice Ginger Cake & Ice Cream & Starters Custard (Carbs 61a) Ice Cream (Carbs 78a) Custard (Carbs 120a) (Carbs 33a) Fruit (Carbs 18a) or Sweets (all V) 0 ()Celery Cereals w/ Gluten 600 Crustaceans Milk Egg Fish Lupin Molluscs Sulphur Dioxide Mustard Nuts Peanuts Sesame Seeds Soya

Bread may contain traces of sesame. Whilst every effort has been made to remove bones, some small ones may remain. 🛛 💙 Vegetarian

See Filling

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	J. Con	Middle	School		Week 2		
	Monday	Tuesday	Wednesday	Thursday	Friday		
Main Course Choice	Tomato & Basil Pasta & Garlic Bread (Carbs 68g)	Sausage & Yorkshire Pudding (37g)	Chicken Curry & Rice (70g)	Beef Enchiladas & Salad (62g)	Fish Fingers (14g)		
	(euros oog)		0	<b>0</b>	<b>١</b>		
	Frittata V (60g)	Vegetarian Sausage V & Yorkshire Pudding	Vegetarian Curry & 📝 Rice (79g)	Macaroni Cheese & 🔰 Garlic Bread (74g)	Pizza V (36g)		
	$\Theta$		0		<b>()</b>		
	Sandwiches 🚯 🚩, Paninis 🚯 🚩, Jacket Potatoes 🔿 🚩, Salad Bowls 🔿, Fresh Fruit 🔿, Juice 📿, Milk 🚺,						
		Cheese & Biscuits 🛞 🚺 , A	ngel Delight 🚺 & Jelly 🔾 d	are available daily (all 🔽)			
	Fillings: Tuna 😔 🗢 , Ham 🔾 , Cheese 🚺 🔽 , Salad 💚 🗹 , Baked Beans 💚 🖓 & Mayonnaise 🝚 🗹 .						
Vegetables (all 🔽 )	Seasonal Veg, Beans (11g), Brown Rice (60g)	Seasonal Veg	Seasonal Veg Brown Rice (60g)	Seasonal Veg, Brown Rice (60g)	Chips (74g), Baked Beans (11g), Peas (9g)		
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Starters or Sweets (all 🔽 )	Lemon Drizzle Cake & Juice (31g)	lced Cake & Custard (61g)	Apple Crumble & Cream (64g)	Rice Pudding & Jam (59g)	Ice Cream & Fruit (18g)		
	۱	<b>80</b>	<b>1</b>	0	0		
€ Celery	🔞 Cereals w/ Gluter	n 😂 Crustaceans 🛛 \ominus	Egg 😒 Fish	🔟 Lupin	Milk		
Molluscs	励 Mustard	🔿 Nuts 🔊	Peanuts 💮 Sesar	ne Seeds 🛛 🙆 Soya	🕺 Sulphur Dioxide		
Bread may contain traces of sesame. Whilst every effort has been made to remove bones, some small ones may remain. 🛛 Vegetarian 📃 See Filling							

	Cc	nbride Middle	school	<u>(</u>	Veek 3			
	Monday	Tuesday	Wednesday	Thursday	Friday			
	Tomato & Basil Pasta & Garlic Bread (Carbs 68g)	Spaghetti Bolognese & Garlic Bread (59g)	Roast of the Day & Yorkshire Pudding (25g)	Chilli con Carne & Rice (34g)	Salmon Pasta Bake (22g)			
Main Course	۲			0				
	Pizza Wrap (64g) 🛛 🔽	Vegetarian Bolognese & Garlic	Vegetarian Mince & Yorkshire Pudding	Vegetarian Chilli & 🛛 🕅 Rice (71g)	Pizza (36g)			
Choice	<b>()</b>	Bread (66g)	(32g) <b>COO</b> S	<b>66</b>				
	Sandwiches 🚯 🚩, Paninis 🚯 🚩, Jacket Potatoes 🔿 🚩, Salad Bowls 🔿, Fresh Fruit 🔿, Juice 🔾, Milk 🚺,							
		Cheese & Biscuits 🛞 🕦 , Angel Delight 🕦 & Jelly 🔵 are available daily (all 🔽 ).						
	Fillings: Tuna \ominus 🔿 , Ham 🔵 , Cheese 🚺 🏹 , Salad 🔍 🏹 , Baked Beans 🔵 🏹 & Mayonnaise 🕘 🗹 .							
Vegetables (all <u> )</u> )	Seasonal Veg	Seasonal Veg, Potatoes (34g)	Seasonal Veg, Potatoes (34g)	Seasonal Veg, Brown Rice (60g)	Chips (74g), Baked Beans (11g),			
	$\bigcirc$	$\bigcirc$ $\bigcirc$	$\bigcirc$ $\bigcirc$	$\bigcirc$ $\bigcirc$	Peas (9g)			
Starters or Sweets	Jam Coconut Cake & Custard (61g)	Iced Cake & Juice (55g)	Rice Pudding & Fruit (58g)	Steamed Treacle Sponge & Custard (61g)	Ice Cream & Fruit (18g)			
(all 🔽 )		۲	0	<b>()</b>	0			
Celery Molluscs Bread may cont	<ul> <li>Cereals w/ Gluter</li> <li>Mustard</li> <li>ain traces of sesame. Whilst ev</li> </ul>	n 😂 Crustaceans 🔶 🔿 Nuts 🔊 ery effort has been made to rer		<ul> <li>Iupin</li> <li>Lupin</li> <li>Soya</li> <li>May remain.</li> <li>✓ Vegetarian</li> </ul>	<ul> <li>Milk</li> <li>Sulphur Dioxide</li> <li>See Filling</li> </ul>			