

Corbridge Middle School



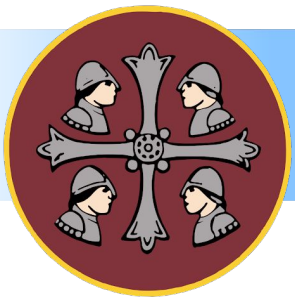
Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choice	Tomato & Basil Pasta & Garlic Bread (Carbs 68g) 	Mince & Dumplings (Carbs 28g) 	Sweet Chilli Chicken & Rice (Carbs 100g) 	Roast of the Day & Yorkshire Pudding (Carbs 85g) 	Fish Cakes (Carbs 30g)
	Macaroni Cheese & Garlic Bread (Carbs 30g) 	Vegetarian Mince & Dumplings (Carbs - 28g) 	Cheese & Potato Pie (Carbs 51g) 	Vegetarian Sausage & Yorkshire Pudding (Carbs 25g) 	Pizza (Carbs 36g)
	Sandwiches , Paninis , Jacket Potatoes , Salad Bowls , Fresh Fruit , Juice , Milk , Cheese & Biscuits , Angel Delight & Jelly are available daily (all).				
Fillings: Tuna , Ham , Cheese , Salad , Baked Beans & Mayonnaise .					
Vegetables (all)	Seasonal Veg, Beans (Carbs 11g) 	Seasonal Veg, Potatoes (Carbs 34g) 	Seasonal Veg, Brown Rice (Carbs 60g) 	Seasonal Veg, Potatoes (Carbs 34g) 	Chips (Carbs 74g), Baked Beans (Carbs 11g), Peas (Carbs 9g)
Starters or Sweets (all)	Orange Cake & Custard (Carbs 61g) 	Apple Pie & Ice Cream (Carbs 78g) 	Brownie & Juice (Carbs 33g) 	Ginger Cake & Custard (Carbs 120g) 	Ice Cream & Fruit (Carbs 18g)

- Celery
- Cereals w/ Gluten
- Crustaceans
- Egg
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide
- Vegetarian
- See Filling

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



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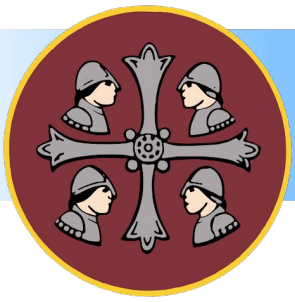


Menu Week 2

	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)
	Frittata (60g) 	Vegetarian Sausage & Yorkshire Pudding (47g) 	Vegetarian Curry & Rice (79g) 	Macaroni Cheese & Garlic Bread (74g) 	Pizza (36g)
	Sandwiches , Paninis , Jacket Potatoes , Salad Bowls , Fresh Fruit , Juice , Milk , Cheese & Biscuits , Angel Delight & Jelly 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)
Starters or Sweets (all)	Lemon Drizzle Cake & Juice (31g) 	Iced Cake & Custard (61g) 	Apple Crumble & Cream (64g) 	Rice Pudding & Jam (59g) 	Ice Cream & Fruit (18g)

- Celery
- Cereals w/ Gluten
- Crustaceans
- Egg
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide
- Vegetarian
- See Filling

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Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choice	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)
	Pizza Wrap (64g)	Vegetarian Bolognese & Garlic Bread (66g)	Vegetarian Mince & Yorkshire Pudding (32g)	Vegetarian Chilli & Rice (71g)	Pizza (36g)
	<p>Sandwiches , Paninis , Jacket Potatoes , Salad Bowls , Fresh Fruit , Juice , Milk , Cheese & Biscuits , Angel Delight & Jelly are available daily (all).</p> <p>Fillings: Tuna , Ham , Cheese , Salad , Baked Beans & Mayonnaise .</p>				
Vegetables (all)	Seasonal Veg	Seasonal Veg, Potatoes (34g)	Seasonal Veg, Potatoes (34g)	Seasonal Veg, Brown Rice (60g)	Chips (74g), Baked Beans (11g), Peas (9g)
Starters or Sweets (all)	Jam Coconut Cake & Custard (61g)	Iced Cake & Juice (55g)	Rice Pudding & Fruit (58g)	Steamed Treacle Sponge & Custard (61g)	Ice Cream & Fruit (18g)

- Celery
- Cereals w/ Gluten
- Crustaceans
- Egg
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide
- Vegetarian
- See Filling

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