



Woolacombe School Healthy Eating Menu 2017



Parent Consultation Week

Monday, 16 th October	Tuesday, 17 th October Harvest Festival Service 1.30pm @ St Sabinus	Wednesday, 18 th October Torrington Stephen Shield Cross Country year 3-6 Tarka Tennis ~ selected Year 3 & 4	Thursday, 19 th October	Friday, 20 th October Year 2 & Year 4 Swimming
<p>Tangy Tomato & Sausage Penne Pasta with Carrots & Peas</p>  <p><i>Zesty Avocado Pasta Salad</i></p> <p>OR Filled Jacket Potato</p> <p>OR Filled Baguette And Fresh Salad AND Jam Sponge With Custard OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Roast Pork With Stuffing & Gravy Roast or Boiled Potatoes Selection of Vegetables</p>  <p>OR Filled Jacket Potato</p> <p>OR Filled Baguette And Fresh Salad AND Pears with Chocolate Sauce OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Chicken Fajitas With Peppers & Mixed Salad</p>  <p>OR Heinz Tomato Soup With Roll & Butter <i>(please order)</i> OR Filled Jacket Potato</p> <p>OR Filled Baguette And Fresh Salad AND Chocolate Crunch OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Spaghetti Bolognese Or Cheesy Pasta With Sweetcorn & Fine Green Beans</p>  <p>OR Filled Jacket Potato</p> <p>OR Filled Baguette And Fresh Salad AND Banana Cake OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Golden Birds Eye Fish Fingers Or Chicken Drumsticks Golden Fries or Jacket Potato Corn-on-the-Cob Crunchy Vegetable Sticks With Bread & Butter</p>  <p>OR Filled Jacket Potato</p> <p>OR Filled Baguette And Fresh Salad AND Icecream OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>

Baguettes & Jacket Potatoes can be filled with any of the following: cheese, beans, tuna, egg, chicken, prawn mayonnaise, egg mayonnaise, sardines or ham. These options are also served with the daily pudding choices contained on the menu. Please order baguettes, jacket potatoes and soup before registration with Kathy.

A real fruit juice **and** a pudding is available with a baguette, jacket potato and soup