








Woolacombe School Healthy Eating Menu 2017

ASSESSMENT WEEK ~ Years 2 to 6



Monday, 9 th October	Tuesday, 10 th October	Wednesday, 11 th October Selected Year 5/6 Tag Rugby Friendly @ Ilfracombe 12.45 to 3.15pm	Thursday, 12 th October Heartstart Training Village Hall 7 – 9pm	Friday, 13 th October Year 2 & Year 4 Swimming Year 2 Cake Sale 6.30pm Beaford Arts "At Sea" In the Village Hall School Choir performing!
<p>Creamy Chicken Korma With Rice Sweetcorn & Peas</p>  <p>OR Filled Jacket Potato OR Filled Baguette And Fresh Salad AND Oaty Slice</p> <p>OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Roast Beef With Yorkshire Pudding & Gravy Roast or Boiled Potatoes Choice of Vegetables</p>  <p>OR Filled Jacket Potato OR Filled Baguette And Fresh Salad AND Jelly & Cream</p> <p>OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Homemade Pizza ~with selection of toppings~ With Coleslaw & Mixed Salad OR Heinz Tomato Soup With Roll & Butter</p>  <p>OR Filled Jacket Potato OR Filled Baguette And Fresh Salad AND Rice Pudding with Sultanas or Brown Sugar OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>Meatballs in a rich Tomato Sauce with Spaghetti Or Cheesy Pasta With Fine Green Beans & Sweetcorn</p>  <p>OR Filled Jacket Potato OR Filled Baguette And Fresh Salad AND Lemon Drizzle Cake</p> <p>OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>	<p>West Country Sausages Or Fishcakes Golden Fries or Jacket Potato Corn-on-the-Cob Crunchy Vegetable Sticks</p>  <p>OR Filled Jacket Potato OR Filled Baguette And Fresh Salad AND Ice-cream</p> <p>OR Choice of Fresh Fruit OR Yoghurt or Fruit Juice</p>

Baguettes & Jacket Potatoes can be filled with any of the following: cheese, tuna, egg, chicken tikka, prawn mayonnaise, egg mayonnaise, ham or sardines. 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