

Enfield County Upper

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK TIME!	<u>Baguette Of the Day</u> Spicy MSC Tuna Baguette Or Choose your Classic Baguette	<u>Baguette Of the Day</u> Turkey & Cranberry Baguette Or Choose your Classic Baguette	<u>Baguette Of the Day</u> Cheese & Pickle Or Choose your Classic Baguette	<u>Baguette Of the Day</u> Sweet Chilli Chicken Or Choose your Classic Baguette	<u>Baguette Of the Day</u> Beef Meatball Arrabiata Or Choose your Classic Baguette
MAIN MEAL	Singapore Fried Rice Nasi Goreng	Nonna`s Spaghetti Bolognaise & Crusty Bread	Lemon Roasted Chicken Legs & Roast Potatoes	Mama`s Baked Lamb Macaroni With Fresh Village Salad	Chef`s Fish of the Day
VEGETERIAN	Spicy Tortilla Stack	Spinach & Feta Parcel	Cheese & Potato Pie	Yia Yia`s Mushroom Moussaka	Vegi Frankfurter Bake
FOOD 2 GO	Pasta King Cold Sweet of the Day Fruit Yogurt Crunch	Pasta King Cold Sweet of the Day Trifle	Pasta King Cold Sweet of the Day Cheesecake	Beef Meatballs on a Bed of Pilaf Rice Cold Sweet of the Day Banoffee Pie	Jacket Potatoes Cold Sweet of the Day Tiramisu
SOMETHING Sweet	Organic Yeo Valley™ Yogurt	Lemon Drizzle Cake	Chocolate Sponge & Chocolate Custard	Fruit Smoothie	Cherry Flapjack

Allergens

- Ce = Celery
- Cr = Crustacean
- E = Eggs
- F = Fish
- G = Cereals containing Gluten
- L = Lupin
- Mk = Milk
- Mo = Molluses
- Mu = Mustard
- N = Nuts
- P = Peanuts
- Se = Sesame Seeds
- So = Soya
- Su = Sulphur Dioxide

Salad Bar available Daily with all Meals

Look out for Theme Days during the School Year

We use local & seasonal produce. Our meat is farm assured as a minimum

Taverna Day

Seaside Friday`s Hot Wings & Chips Curry Sauce



Soil Association