

# Witchford Mess Menu

A selection of Fresh Fruit salads and Whole Fruit, Yogurts, Cheese and Biscuits.

Tray Bakes, Muffins, Cheesecakes, Cookies and Flapjack and more from 75p or part of the MEAL DEAL!

A choice of School Approved Drinks available from 65p including, Apple Juices, Orange Juices, Milk Shakes, Plain and Flavoured Water. Many are included in the Meal Deal.

<b>WEEK ONE</b>	Meal Deals available For £3	Main Meal of the Day 2.10	Pasta/Jacket Potato Bar from £1	Hot Wraps, Subs & Baps 1.95	Salad and Protein Bar from 45p	Pizza Station from 1.10
13 <sup>TH</sup> Sep 4 <sup>th</sup> Oct 15 <sup>th</sup> Nov 6 <sup>th</sup> Dec	<b>Monday</b>	Delicious Pizzas Served with Hot Potatoes, Baked Beans or Salad Bar	.....	Breakfast Wraps Sausage or Bacon Baked Beans.	.....	.....
	<b>Tuesday</b>	Pasta Bolognese	Available Every day with a choice of Delicious Sauces and toppings.	or Meatballs/Quorn in spicy tomato sauce or Chicken or Quorn Fajitas	Help yourself to a variety of fresh salads	Available everyday Homemade
	<b>Wednesday</b>	Giant Yorkshire wraps with Sausages, Vegetables and Gravy.		or Breaded Chicken Wraps with crispy Lettuce and Sauces		
	<b>Thursday</b>	Chilli Beef/Quorn with Nachos or Wedges		or Breakfast Wraps	Why not add a boiled egg, Cheese or Tuna	
	<b>Friday</b>	Favourite Day! A choice of Yummy hot items served with Steakhouse Chips		.....	.....	

MEAL DEAL includes hot item of the day or Sandwich + Fruit or Sweet + Drink

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<b>WEEK TWO</b>	Meal Deals available For £3	Main Meal of the Day 2.10	Pasta/Jacket Potato Bar from £1	Hot Wraps, Subs & Baps 1.95	Salad and Protein Bar from 45p	Pizza Station from 1.10
20 <sup>th</sup> Sep 11 <sup>th</sup> Oct 1 <sup>st</sup> Nov 22 <sup>nd</sup> Nov 13 <sup>th</sup> Dec	<b>Monday</b>	A choice of Cheese and Tomato or Cheese and Chicken Pizzinis	.....	Breakfast Wraps Sausage or Bacon Baked Beans.	.....	.....
	<b>Tuesday</b>	Chicken, Beef or Bean Burger with the works!	Available Every day with a choice of Delicious Sauces and toppings.	or Meatballs/Quorn in spicy tomato sauce or Chicken or Quorn Fajitas or Breaded Chicken Wraps with crispy Lettuce and Sauces or Breakfast Wraps	Help yourself to a variety of fresh salads	Available everyday Homemade
	<b>Wednesday</b>	Curry of the Week with Basmati Rice, Poppadom's and Chutney				
	<b>Thursday</b>	Macaroni Cheese, Buttered Roll or Garlic Bread with a choice of Salads.			Why not add a boiled egg, Cheese or Tuna	
	<b>Friday</b>	Favourite Day! A choice of Yummy hot items served with Steakhouse Chips			.....	
			.....			

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<b>WEEK THREE</b>	Meal Deals available For £3	Main Meal of the Day 2.10	Pasta/Jacket Potato Bar from £1	Hot Wraps, Subs & Baps 1.95	Salad and Protein Bar from 45p	Pizza Station from 1.10
27 <sup>th</sup> Sep 18 <sup>th</sup> Oct 8 <sup>th</sup> Nov 29 <sup>th</sup> Dec	<b>Monday</b>	Curry of the Week with Basmati Rice, Poppadum's and Chutney	.....	Breakfast Wraps Sausage or Bacon Baked Beans.	.....	.....
	<b>Tuesday</b>	Beef or Vegetable Lasagne Garlic Bread, Sweetcorn or Salad	Available Every day with a choice of Delicious Sauces and toppings.	or Meatballs/Quorn in spicy tomato sauce or Chicken or Quorn Fajitas	Help yourself to a variety of fresh salads	Available everyday Homemade
	<b>Wednesday</b>	Ciabatta/Sub Rolls with a Selection of hot fillings.		or Breaded Chicken Wraps with crispy Lettuce and Sauces		
	<b>Thursday</b>	Chilli Beef/Quorn with Nachos or Wedges		or Breakfast Wraps	Why not add a boiled egg, Cheese or Tuna	
	<b>Friday</b>	Favourite Day! A choice of Yummy hot items served with Steakhouse Chips		.....	.....	

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## Food Events to look out for and What's in Season Food Facts!

September, National Cupcake Week, Language Week, (Courgettes)

October, National Curry Week, (Pumpkin)

November, British Sausage Week, World Vegan Month, Nation School Meals Week, Bonfire Night, (Apples)

December, National Chocolate Week, Festival Period! (Brussel Sprouts!)



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