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TUESDAY

## WEDNESDAY

THURSDAY

FRIDAY

**Everyday** favourites

Mid-week roast

Take-away day

## SAMMY SWEETCORN SAYS...

Enjoy your lunch'



East Park Academy

KS2 Menu Nov 2024

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	OPTON	Chicken Tikka Wrap	Pork Sausages	Roast Chicken Gravy	Fish Fingers	Pizza
[	OPTON 2	Pasta Neapolitan v	Vegetarian Sausages v	Quorn Balls v Gravy	Vegetarian Sausage Roll v	Selection
	theo's	Marinated Chicken Pasta Pot	Marinated Chicken Pasta Pot	Marinated Chicken in a Bun	Marinated Chicken & Noodles	Marinated Chicken or Quorn Balls Loaded Chips
	JACKET BAR	JP with Tuna Mayo	JP with Cheese & Beans	JP with Cheese	JP with Cheese & Beans	JP with Cheese & Coleslaw
	CARES	Brown & White Rice or Potato Crunchies	Potato Wedges or Pasta	Roast or Mashed Potatoes	Diced Potatoes or Pasta	Chips
	PUDDING	Wafflemeister Waffle	Chocolate Cookie or Flapjack	American Pancakes with variety of toppings	Marble Sponge Custard	<b>Fruity Friday</b> A selection of fruit based desserts

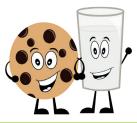
A choice of two vegetables, fresh fruit & fruit yoghurts



ice-cream & sorbets















Everyday favourites			Mid-week roast		Take-away day
	MONDAY	TUESDAY	WEDLESDAY	THURSDAY	FRIDAY

## SAMMY SWEETCORN **SAYS...**

Enjoy your lunch'



East Park Academy KS2 Menu Nov 2024

OPTON 1	Chicken Goujons	Beef Bolognaise	Roast Pork Gravy	Chicken Tikka Masala	Pizza Selection
2 2	Vegetable Lasagne v	Country Vegetable Bake v	Shepherdess Pie v	Mac & Cheese v	Cauliflower & Sweet Potato Curry v
theo's	Marinated Chicken Pasta Pot	Marinated Chicken Pasta Pot	Marinated Chicken in a Bun	Marinated Chicken & Noodles	Marinated Chicken or Quorn Balls Loaded Chips
JASKET BAR	JP with Tuna Mayo	JP with Cheese & Beans	JP with Cheese	JP with Cheese & Beans	JP with Cheese & Coleslaw
CARES	Potato Crunchies or Pasta	Spaghetti or Potato Wedges	Roast or Mashed Potatoes	Brown & White Rice	Chips or Brown & White Rice
PUDDING	Mini Doughnut	Syrup Sponge Custard	Chocolate Shortbread	Fruit Jelly	Fruity Friday A selection of fruit based desserts

ALL SERVED WITH...

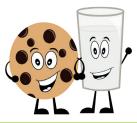
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## SAMMY SWEETCORN SAYS...

Enjoy your



OPTION Roast Beef Chicken Pizza Naan Fish Selection Gravy in a Bun Pizza Selection Quorn Quorn Balls v Cheese & Mac & Cheese v Onion Roll v Dippers v Gravy theos Marinated Chicken Marinated Chicken Marinated Chicken Marinated Chicken Marinated Chicken or Quorn Balls Pasta Pot Pasta Pot in a Bun & Noodles Loaded Chips JP with Cheese JP with Cheese JP with Tuna JP with Cheese JP with Cheese & Coleslaw Mayo & Beans & Beans Potato Crunchies or Garlic Bread or Mashed or Roast Diced Potatoes or CARBS Chips Pasta Potato Wedges Potatoes Pasta Hot Chocolate **Fruity Friday** PUDDANG Shortbread Wafflemeister Cornflake Sponge A selection of fruit Waffle Cake Selection & Custard based desserts

ALL SERVED WITH...



ice-cream & sorbets

East Park Academy KS2 Menu Nov 2024 A choice of two vegetables, fresh fruit & fruit yoghurts