

FSC Sample Menu Primary Schools Spring/Summer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hash Browns Bacon Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Pancakes, maple syrup Fruit compote and yogurt Selection of Cereals Toast Preserves	Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Hash Browns Bacon Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Croissants, pain au chocolate Fruit compote and yogurt Selection of Cereals Toast Preserves
Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch
Selection of sandwiches Fresh fruit Apple and cinnamon cookie	Selection of sandwiches Fresh fruit Fruity flapjack	Selection of sandwiches Fresh fruit Homemade shortbread	Selection of sandwiches Fresh fruit Honey and oat flapjack	Selection of sandwiches Fresh fruit Choc chip cookie	Selection of sandwiches Fresh fruit Fruity flapjack	Selection of sandwiches Fresh fruit spiced cookie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Mac n cheese bake Sundried tomato pasta bake Garlic bread Mixed leaf Salad Chocolate brownie Ice ream	Quorn fajitas Chicken fajitas Mixed leaf Salad Sweetcorn Banoffee Pie	Veggie red dragon Pie Chicken Pie Mash potatoes Seasonal Vegetables Apple flapjack crumble custard	Falafel Burger Beef Burger Sweet potato fries Mixed leaf Salad Sticky toffee pudding cream	Fish goujons Margarita pizza Chips & Peas Cheesecake	Sweet potato korma Mild chicken korma Basmati rice seasonal veg Cookie dough ice cream	Roast turkey Mediterranean veg tart Roasted Potatoes & Seasonal Vegetables Jam sponge custard

Please note this menu is subject to product availability and may change.
We can cater for most religious and dietary requirements.
If you have concerns about allergens, please contact the centre directly.

FSC Values: delivering first hand experiences, providing opportunities for everyone, sustainability for the future, a caring attitude

www.field-studies-council.org